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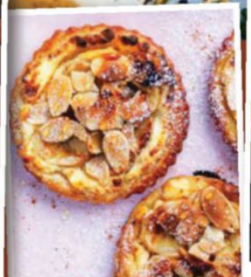

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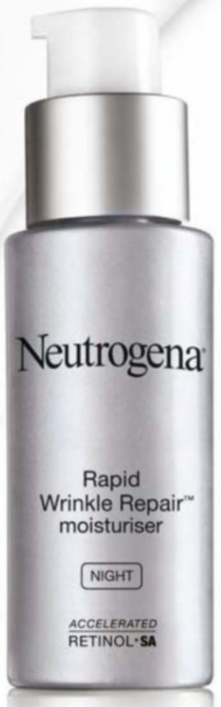

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Terrific advice

Everything you read in *Diabetic Living* magazine comes with the seal of approval of our diabetes health professionals – and that's what makes it such an empowering guide to improve your wellbeing.

One of the experts we routinely call on is the dietitian who works with our talented Food Editor, Alison Roberts. Together they create *DL*'s delicious, healthy recipes and that is why I want to introduce you to Shannon Lavery (page 82).

Shannon is an accredited practising dietitian who has worked in leading Sydney hospitals and spent four years with Diabetes Australia before entering private practice. Bonus: she's also a good cook! (For more, go to betterchoicesnetwork.com.au)

If weight loss is your goal, turn to page 78 and follow the seven-day meal plan and Shannon's tips for a healthy salad. Need additional motivation to shed kilos? Try kick-starting your diet with the one-rule eating plan on page 86 and step up your exercise using the tips on walking on page 90.

Speaking of walking, I'm heading off on a new adventure. But before I go, I have to tell you how I'm slimmer, fitter and healthier thanks to this great magazine and the terrific advice from the *DL* health professionals. I've also been truly inspired by the many people I've met who handle diabetes with such good humour and optimism. You're amazing and I thank you.

Toni

Toni Eatts, Editor

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NEXT ISSUE ON SALE 05 OCT

3 THINGS TO TRY IN THIS ISSUE

Save cash
How to save at the pharmacy (page 128)

Slice job
Delicious pies for winter (page 24)

Walk it off
Learn the benefits of a daily stroll (page 90)

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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STAR LETTER

POSITIVE DIFFERENCE

My husband was diagnosed with diabetes in his early 40s and was told his organs were in a bad way and he wouldn't see his 50s. He has injections six times a day, along with other medications. Well, he's now 60 and it's the recipes in *Diabetic Living* that have helped him to reach this age. Thank you for your recipes, advice and support.

Vicki Powell, Victoria

Preventing type 2

My youngest daughter gave me a subscription to *Diabetic Living* and I've found the magazine informative and the recipes great. I don't have diabetes, but my mother developed it late in life, so I'm hoping to avoid it and *DL* certainly helps me with my diet.

Lorraine Hennessy, Queensland

Message of health

I went looking for my recent copy of *DL* and couldn't find it! When my flatmate came home she told me she took it to work as it's a good conversation starter for many of her elderly clients. She's a personal carer. What a great way to get the health message to people living with diabetes.

Angela, Victoria

Early start!

I received my first subscription and then was awake early one morning. So I got up and read *DL*. It was worth getting up early for. Amazing, useful articles with healthy living advice. Love it!

Leevani Penman, Queensland

Helping Dad

Diabetic Living has been a big help with getting my father's sugars under control. The nutrition panels and Dr Kate Marsh's article How to be a carb whiz in the May/June 2017 issue were particularly useful. However, I'm confused with the glycaemic index (GI) rating on the recipes.

Fay Coombs, NSW

Editor's note: *Hi Fay, the GI is a way of 'ranking' carbohydrate foods according to the speed at which they cause our blood glucose levels (BGLs) to rise and fall. Some carbs are more quickly digested and absorbed (high GI), while others break down slowly (low GI). Lower GI foods can help to prevent large spikes in BGLs after eating.*

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NOTE LETTERS MAY BE EDITED FOR SPACE

LIKE IT

Join the conversation on Facebook...

Fight of your life

Having diabetes means being a fighter, but then I take my insulin and calm down.
– Andrew Godleman

Studying up

DAFNE (*Dose Adjustment For Normal Eating course for type 1)* is fantastic!
– Kym Rider

Keep it level

I always test [my blood glucose level] before a shower because it spikes my number.
– Michael Ryan

Easy to find

I have a lockable cupboard in the lounge room for all my daughter's diabetes supplies so I know where everything is.
– Annmarie Fothergill

Positive role models

I loved diabetes camp as a kiddie. Felt so grown up being taught to do my own injections just like older kids.
– Abbie Taylor

Dancing queen

I love to go walking. If not that, then Zumba. If there is a dance floor, I'm on it.
– Linda Truesdale

Self care

There is always another day. Just take care of number one!
– Star Kiss

Here to help

Meet our experts – they'll advise you on all aspects of your diabetes management

In conversation with...
Dr Kate Marsh, credentialled diabetes educator and accredited practising dietitian

What does a diabetes educator do?

A credentialled diabetes educator (CDE) will teach you about insulin and medications, how to monitor blood glucose levels (BGLs), healthy lifestyle habits and preventing complications. They'll work with you on your main goals and concerns and some strategies to help address these. They'll be individualised depending on your needs and the changes you're able to make.

Will a diabetes educator ask me to make big changes?

A CDE will present different options and personalise it to you and what you're able to do. It's not about changing everything overnight, but picking the biggest priorities for your situation.

How would I be eased into a big lifestyle change?

If you need to increase exercise a CDE will ask you what you like doing, what you have access to and when you can fit in exercise. Food-wise, it depends on your situation at home, budget and who you're cooking for. We work with you to determine what is realistic and, importantly, what you can sustain in the long term, and will usually refer you to other diabetes health professionals including a dietitian and exercise physiologist, who can teach you more about the role of food and exercise in your diabetes management plan.

What advice do you give?

Having diabetes isn't necessarily easy but it is manageable. It's about learning how different factors such as food, exercise and stress affect BGLs.

Tell us about your journey.

I was 10 when I saw my first CDE in hospital after I was diagnosed with type 1. I was inspired to study dietetics then diabetes education. I love helping others with diabetes, and having a real understanding of what they are going through is a huge benefit. ■

OUR EXPERTS

Christine Armarego
Exercise physiologist
At her clinic, Christine focuses on exercise as a way to improve BGLs.
theglucoseclub.com.au

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW.
drsultanlinjawi.com

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre.
mendpsychology.com.au

Dr Gary Deed
General practitioner
Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen
Podiatrist
Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner
Ophthalmologist
Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA.
outbackvision.com.au

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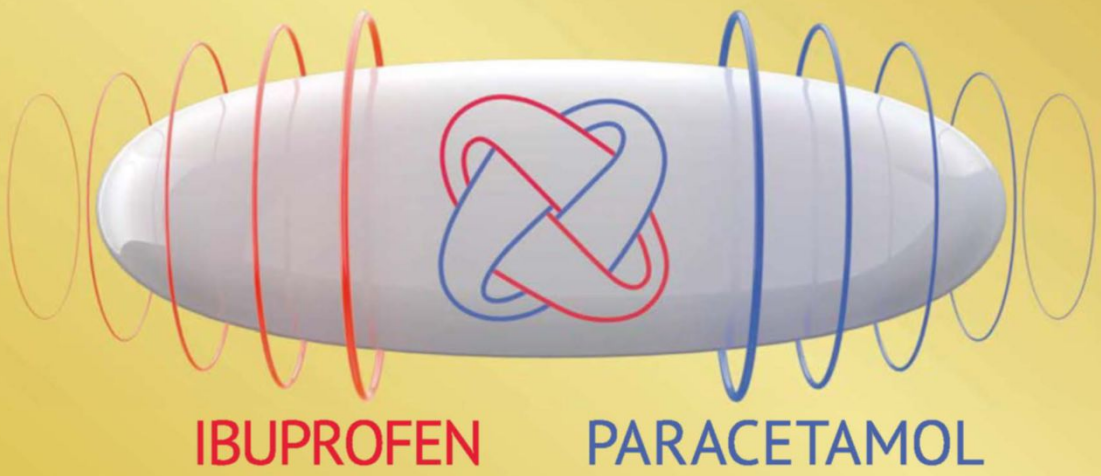

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BVI IS THE NEW BMI

Listen out for the term Body Volume Indicator (BVI) because your health team may start using it. BVI is a ratio of your body's total volume and your abdominal volume. It is more accurate than BMI (based on height and weight) at estimating how weight is spread around the body. Both BVI and BMI can indicate your risk of illnesses including heart disease and diabetes.

Heart help

Talk to your doctor about two new medications that may help with weight loss and heart health: the SGLT2 inhibitor and GLP-analogue (Bydureon*), a weekly analogue insulin injection. "The SGLT2 works on the kidney, and brings sugar out in the urine instead of returning it to the blood," says endocrinologist and diabetes expert Professor Glen Maberly. "It helps you control diabetes better and also reduces weight. Bydureon makes the pancreas produce insulin and prompts the brain to say, 'I don't need to eat as much'. There's evidence both reduce the chances of heart attack by 30 per cent."

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What does the three-monthly HbA1c indicate?

Dr Linjawi says: Our glucose levels go up and down, and if you have diabetes, these swings can be substantial. Measuring your blood glucose level might give an idea of overall control, but is not an accurate reflection of what is really happening. Glucose binds to a molecule in your blood called haemoglobin. Most people have four types: A1, A2, B1 and B2. Glucose binds to the haemoglobin A1 chain (HbA1) and alters it. The new compound with glucose added is termed HbA1c. The value is defined as a percentage of the total, or what percentage of your total haemoglobin has been altered by glucose, or how much is HbA1c versus HbA1, A2, B1 and B2. An HbA1c target of less than 7 means less than 7 per cent of your haemoglobin is altered by glucose rather than glucose levels. An HbA1c of 8.5 per cent sounds okay, but it means the blood sugar average is 11.5mmol/l, so your values might range from 4 to 17mmol. ➤

Dr Sultan Linjawi, endocrinologist

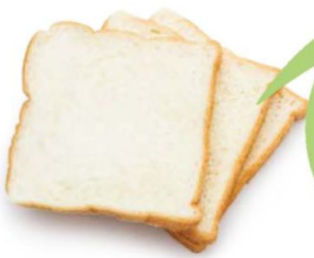
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Did you know

You get the same hit of antioxidants from one blood orange as you do from a 2kg bag of navel oranges.

Go low GI

Low glycaemic index (GI) foods digest more slowly, helping you avoid post-meal blood glucose spikes. Here are some easy switches:



Smart Swap

Swap white and wholemeal bread for dense, grainy bread.

Smart Swap

Choose whole grains like barley and quinoa in place of rice.

Smart Swap

Try mashed cannellini beans rather than potato.

Smart Swap

Replace puffed and flaked breakfast cereal with traditional or steel-cut rolled oats.

Q&A ASK DR MARSH

I have pre-diabetes and I'm not sure what I should be eating to reduce my risk of developing type 2. Do you have any suggestions?

Dr Marsh says: Research shows that lifestyle modification can reduce your chances of progressing from pre-diabetes to type 2 by around 60 per cent.

Reducing your weight by 5-10 per cent is important if you're overweight. Diets high in saturated fat, red meat and processed meats have been linked with an increased risk of diabetes, while diets high in fibre, whole grains, low-GI carbs and vegies are associated with a reduced risk. Base your meals around plant foods, fish and legumes in place of red or processed meat. Here are some ideas:

Breakfast: rolled oats, stewed apple, cinnamon and low-fat milk
Morning tea: fresh fruit
Lunch: wholegrain sandwich with salad and chicken
Afternoon tea: small handful of almonds
Dinner: grilled salmon with home-made sweet potato chips and steamed greens. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

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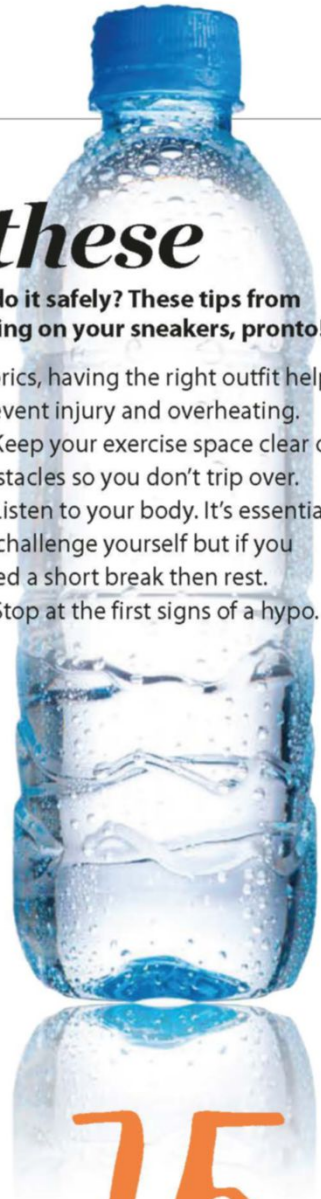
Check these

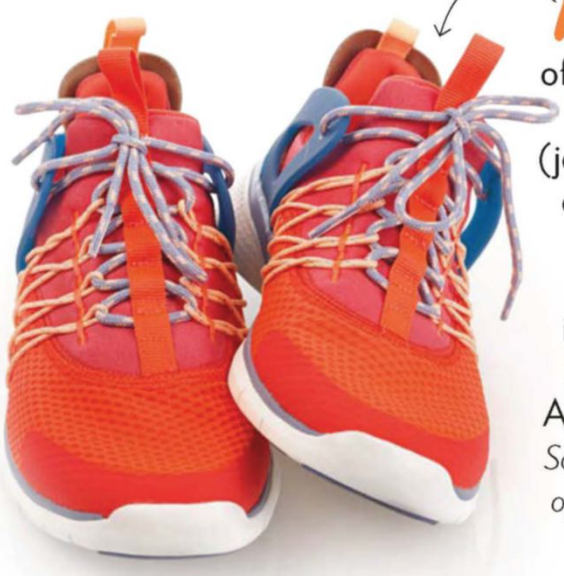
Want to get fit but not sure how to do it safely? These tips from Christine Armarego will have you pulling on your sneakers, pronto!

- Check your blood glucose levels (BGLs) before you start.
- Stay hydrated. If you are dehydrated before and during your workout, you'll find it harder to maintain your BGLs.
- Wear the right gear. Whether it's well-fitted footwear or breathable fabrics, having the right outfit helps prevent injury and overheating.
- Keep your exercise space clear of obstacles so you don't trip over.
- Listen to your body. It's essential to challenge yourself but if you need a short break then rest.
- Stop at the first signs of a hypo.



INVISIBLE EXERCISE

Recovering from injury? The Invisible Exercise (TIE), developed by Sydney-based biomechanics expert Dell-Maree Day, can help you tone up, gain strength and relieve chronic pain. Called 'invisible' because you remain as still as possible while doing slow stretches, these powerful moves take just 20 minutes a day. Visit theinvisibleexercise.com.au for more details.



75 minutes of vigorous intensity aerobic activity (jogging or running) or 150 minutes of moderate (brisk walking) a week is associated with a reduced risk of Alzheimer's disease.

Source: National Library of Medicine – National Institutes of Health.

"My husband is more motivated when I exercise with him. What can we do as a couple?"

Christine says: It's fantastic that you are both motivating each other. You can push each other to reach your full potential and stay on track. Try these for starters:

Boxing With just a pair of gloves and pads you can hit away your frustrations, get your heart rate up and improve your coordination, core, muscular endurance and balance all at the same time. Boxing can work every area of your body by using a combination of front punches, hooks, upper cuts (for upper body and knees) and kicks (for lower body). And it's a lot of fun!

Dancing This is so enjoyable you'll soon forget you're exercising. Think steps and beats instead of set and reps.

Weight training Having a training partner when you do weights is brilliant. You are each other's personal trainer! You can watch each other's technique, encourage each other to work harder and pass the weights. Enjoy! ➤

Christine Armarego,
accredited exercise physiologist

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WORKS WHERE IT HURTS

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CHC72489-0617

Every 3 months

About how often our blood cells are broken down and re-formed and why it is important to have an HbA1c test regularly.

SWEET TOOTH

A cup (250ml) of 100 per cent fruit juice contains on average six teaspoons of sugar while a 375ml can of soft drink has nine teaspoons. Along with the better known bad health outcomes, too much sugar can damage children's developing teeth so encourage your kids to reach for water.

Sport safe

Troubled about how to keep your type 1 tykes safe while playing sport? Here are some handy hints...

- In the hours prior to the activity, test blood glucose levels (BGLs) regularly.
- Discuss with their healthcare professional a suitable BGL range during the exercise, as well as a reduced insulin dose prior, during and after the sport to avoid hypos.
- If possible, test BGLs during the sporting activity. If below the suggested BGL, give them a sip of a sports drink to bring their levels up.
- Have on hand a sugary drink or high-carb food that will treat a hypo promptly and allow them to return to play quickly.

Q&A ASK ELISSA

"My son is about to enter Year 12. How can I ensure he stays well (and happy!) during this stressful year?"

Elissa says: Encouragement is the key with regards to a positive outlook on his diabetes. Also important is to be aware of diabetes burnout. Try not to nag. Accept he may not test his BGLs as much as you'd like. Just be grateful he is testing when he does.

It helps to have healthy snacks prepared and ready to grab on the run – teenagers always complain there's nothing to eat even though the cupboard and fridge are full of food! Sometimes they're just too tired, stressed or lazy to prepare anything, let alone even think about what they want to eat.

You can also speak with school staff regarding exams and managing his diabetes. Students with diabetes qualify for special conditions during exams, such as extra time to allow for testing or treatment of hypos. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

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Diabetes warrior

Professor Glen Maberly's mission is to halt the type 2 tsunami in Western Sydney

At least 10 per cent of Australians have diabetes with up to 90 per cent of those dealing with type 2. Within that, Western Sydney is a "diabetes hotspot" with 1.5 times higher rates of type 2 than the rest of the country. Professor Glen Maberly and his team at Western Sydney Diabetes (WSD) are leading the crusade to find an effective solution for this high-risk population. "Our goals are to get our population to lose an average of two kilos, and bring the prevalence of diabetes and high blood glucose in Western Sydney to less than the state average within five years," says Prof. Maberly.

Interception is key

Prevention and screening programs are critical in halting the rising diabetes rates. Along with numerous other initiatives including support groups, WSD puts people in touch with phone and online health coaching programs and is working on educating the public about the gravity of type 2. "Diabetes is the most expensive thing in our health system and is the leading cause of heart attacks, strokes, blindness and amputations," says Prof. Maberly.

He stresses that simple actions can be taken to help prevent type 2 such as returning to a healthier weight. Between 1995 and 2012, Australia's national average weight increased four kilos. "If people at risk lose two kilos then 30 per cent won't get diabetes," says Prof. Maberly. "It seems amazing but you don't lose muscle; you lose two kilos of fat."

Long-term plan

In mid-2017, WSD started their long-term prevention plan in the City of Blacktown that will be rolled out to the rest of Western Sydney. GPs have started walking groups, and schools are growing fresh vegie gardens to teach students about healthy eating. WSD is also talking to governments, councils, businesses and other organisations about improving the region so fresh food and exercise spaces are more accessible. It's a big job but WSD is committed.

So, what does that look like?

- Screening for high risk
- Lifestyle coaching
- Hospital-based services
- Enhanced patient, general practice and allied health diabetes management.

"There is a tsunami of diabetes coming and if we only focus on the curative side it's like mopping up water that is flowing from a tap," says Prof. Maberly. "We're trying to turn off the tap." ■

SLOW PROGRESSION

To slow down the progression of type 2 Prof. Maberly suggests:

- ✔ Set blood glucose targets with your GP
- ✔ Keep your weight down
- ✔ Evaluate your medication needs every six months.

WRITER ANNETTE DASEY **PHOTOGRAPHY** GETTY IMAGES

Take the next step in your diabetes management by joining our friendly and supportive community of over 48,000 members.

Become a member of Diabetes NSW & ACT and get access to a wide range of exclusive benefits, including:

- Delivery direct to your mailbox of our quarterly magazine, Circle, jam-packed with health advice, recipes, real life stories and more
- Free or discounted entry to over 800 educational events, forums and expos across NSW & ACT
- Discounts on meters, travel packs, socks, skincare and much, much more at our online shop (www.diabetesshop.com)
- FREE expert advice from qualified health professionals with expertise in diet, exercise and all aspects of diabetes care
- Our rewards program that gives you discounts on fuel, groceries, travel and accommodation from retailers like Coles, Woolworths, Hoyts and Harvey Norman
- The latest health information and news via our monthly newsletter

Don't delay! To become a member call us today on **1300 DIABETES (1300 342 238)**.

We look forward to supporting you with your diabetes every step of the way.

Helping People Live Their Life

diabetes nsw & act

Your bequest will help Diabetes NSW & ACT improve the day-to-day lives of people living with diabetes.

Ensure your legacy lives on beyond your lifetime.

For a confidential discussion please contact Esther Krizmancic

02 9552 9925

estherk@diabetesnsw.com.au

Live your life

Fast Ed's fast curry

BHG TV's 'Fast Ed' Halmagyi whips up a family-friendly spicy dish

Great food that really is good for you. That's the best menu plan ever. This deliciously easy curry makes all that and more happen.

EASY PORK AND PINEAPPLE CURRY GFO

PREPARATION TIME: 15 MINS
COOKING TIME: 30 MINS
SERVES: 4 (AS A MAIN)

2 tsp garam masala
2 tsp ground turmeric
1 tsp freshly ground black pepper
Pinch chilli powder
500g pork fillet, trimmed of fat, chopped
2 tsp extra virgin olive oil
2 brown onions, sliced
6cm piece ginger, cut into fine batons
8 cloves garlic, crushed
12 fresh curry leaves
125ml (½ cup) salt-reduced chicken stock or gluten-free chicken stock
125ml (½ cup) light coconut milk
1 tsp fish sauce
1 cup diced fresh pineapple
75g unsalted cashews, finely chopped
1 cup snow peas, trimmed and halved
1 cup green peas
160g (¾ cup) brown basmati rice, cooked following packet directions, to serve
Bean sprouts, coriander and sliced shallots, to serve
Lime wedge, to serve (optional)

1 Combine the spices in a large bowl. Add the pork fillet and mix well. Heat the oil in large saucepan over a medium heat. Add the onion, ginger, garlic and curry leaves. Cook, stirring often, for 3 minutes. Add the pork and continue to cook for 3 minutes or until pork changes colour.
2 Add the stock, coconut milk and fish sauce to the pan and bring to a simmer. Add the pineapple and cashews and simmer, partially covered, for 20 minutes, until sauce thickens slightly and pork is cooked.
3 Add snow peas and green peas to the pan and cook for 2 minutes. Divide rice and curry between bowls. Serve topped with bean sprouts, coriander and shallots, and a lime wedge, if you like. ■

SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the *BHG* TV show on Channel 7. Check your local TV guide for scheduling information.

PHOTOGRAPHY ANDRE MARTIN
STYLING JANE COLLINS **FOOD PREPARATION** MANDY SINCLAIR

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 2250kJ, **protein** 41g, **total fat** 17.1g (sat. fat 4.8g), **carbs** 50g, **fibre** 10g, **sodium** 285mg
- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten-free option**

crowd pleaser

COVER STAR

Chicken tonight

This cheesy chicken delight is a tasty way to eat your greens

How our food works for you see page 82

NUTRITION INFO
PER SERVE 1830kJ, **protein** 46g, **total fat** 17.1g (sat. fat 5.0g) **carbs** 18g, **fibre** 12g, **sodium** 279mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**

CHICKEN BREAST STUFFED WITH KALE AND THYME

GF

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A MAIN)

2 tsp extra virgin olive oil
100g kale, inner core removed, finely chopped
2 garlic cloves, crushed
1 Tbsp thyme leaves
60g egg, lightly whisked
40g reduced-fat grated mozzarella, chopped
1 bunch Dutch (baby) carrots, scrubbed
Olive oil cooking spray
2 x 125g skinless chicken breast fillets, trimmed of fat
120g green beans, trimmed, steamed, to serve
250g small Carisma potatoes, cut into wedges, steamed, to serve
1 Tbsp chopped flat-leaf parsley
Zest of half a lemon
Freshly ground black pepper

1 **Heat half the oil** in a medium non-stick frying pan over medium-high heat. Add the kale, garlic and thyme. Cook, stirring, for 4-5 minutes or until the kale softens. Transfer to a bowl and set aside to cool slightly. Stir in the egg and cheese.

2 **Preheat oven** to 190°C (fan-forced). Line a medium ovenproof dish with baking paper. Place the carrots in the pan and spray with cooking spray. Roast for 10 minutes.

3 **Meanwhile,** using a small sharp knife, make a pocket in the middle of the chicken, not cutting all the way through. Stuff the kale mixture into the middle of the pocket. Use toothpicks to secure the pocket. Heat the remaining oil in the non-stick frying pan over medium-high heat. Add chicken breasts and cook for 2 minutes each side or until browned.

4 **Add the chicken** to the roasting pan with the carrots and continue to roast for 8-10 minutes or until the chicken is cooked through and the carrots are tender.

5 **Remove the toothpicks** from the chicken and cut each chicken breast into two pieces. Place on serving plates along with the roast carrots. Toss the beans and potatoes in a bowl with the parsley, lemon zest and pepper. Divide vegetables between serving plates. Serve.

COOK'S TIPS

Replace the kale with 2 cups baby spinach leaves, the thyme with shredded sage leaves and the green beans with asparagus or broccoli. ■

RECIPES ALISON ROBERTS; SHANNON LAVERY, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

know ovarian cancer

"Listen to your body because early detection could save your life. If your symptoms don't go away, push for answers."

Ann Maree Mulders, Ovarian Cancer Australia Ambassador and ovarian cancer survivor.

We are asking people to #KnowAskAct

KNOW the signs and symptoms of ovarian cancer

ASK for help if you have symptoms or ask others if they know the symptoms of ovarian cancer

ACT host an Afternoon Teal or donate so we can continue to support women with ovarian cancer

Ovarian Cancer Australia

To find out more, donate or host an event visit **www.ovariancancer.net.au** or call **1300 660 334.**

BLACKBERRY AND GINGER PIE
When the pie was open, the birds began to sing, and so will you!
see recipe, page 30 >>

How our food works for you
see page 82

NUTRITION INFO

PER SERVE (with sugar) 732kJ, **protein** 3g, **total fat** 3g (sat. fat 1.3g), **carbs** 30g, **fibre** 5g, **sodium** 80mg
- **Carb exchanges** 2
- **GI estimate** medium

PER SERVE (with sugar substitute) 643kJ, **protein** 3g, **total fat** 3g (sat. fat 1.3g), **carbs** 23g, **fibre** 6g, **sodium** 80mg
- **Carb exchanges** 1½
- **GI estimate** low

Pie IN THE sky

Your favourite comfort dish has been transformed into healthy low-GI mains and fruity desserts

Left: **CHICKEN, KALE AND MUSHROOM PIE**
This pie is packed with chunks of wholesome meat and veg, and is tasty to boot.
see recipe, page 30 >>

NUTRITION INFO
PER SERVE 1570kJ, **protein** 33g, **total fat** 9.3g (sat. fat 3.6g), **carbs** 35g, **fibre** 8g, **sodium** 336mg
- **Carb exchanges** 2½
- **GI estimate** low

Right: **LAMB, MINT AND SWEET POTATO PIE**
Lamb and mint is a match made in hearty heaven. And a sweet potato top is the icing on the pie.
see recipe, page 31 >>

NUTRITION INFO
PER SERVE 2110kJ, **protein** 45g, **total fat** 11.8g (sat. fat 4.6g), **carbs** 46g, **fibre** 17g, **sodium** 523mg
- **Carb exchanges** 3
- **GI estimate** low

SNAPPER PIES
Snap up these fish delish individual portions.
see recipe, page 31 >>

NUTRITION INFO
PER SERVE 2250kJ, **protein** 48g, **total fat** 16.4g (sat. fat 4.8g), **carbs** 45g, **fibre** 8g, **sodium** 511mg
- **Carb exchanges** 3
- **GI estimate** low

GOOD TO KNOW

These savoury pies are filled with vegetables, lean meats, herbs, spices and fibre, have less saturated fat and salt and fewer carbohydrates than store-bought options.

STEAK AND GUINNESS PIE WITH CHEESE CRUST

Pub food at home? Why not?! This one serves a whole hoard of six.

see recipe, page 32 >>

NUTRITION INFO
PER SERVE 2120kJ, **protein** 34g, **total fat** 18g (sat. fat 5.8g), **carbs** 43g, **fibre** 7g, **sodium** 288mg
- **Carb exchanges** 3
- **GI estimate** low

Right: **CANNED APRICOT AND CUSTARD PIE**
Be sure to serve this at the table so your guests can see how pretty it is.
see recipe, page 33 >>

NUTRITION INFO
PER SERVE (with sugar) 556kJ, **protein** 5g, **total fat** 2.9g (sat. fat 1.2g), **carbs** 20g, **fibre** 3g, **sodium** 106mg • **Carb exchanges** 1½ • **GI estimate** low

PER SERVE (with sugar substitute) 504kJ, **protein** 5g, **total fat** 2.9g (sat. fat 1.2g), **carbs** 17g, **fibre** 3g, **sodium** 106mg • **Carb exchange** 1 • **GI estimate** low

Left: **RHUBARB, APPLE AND ALMOND PIES**
Oozing with deliciously tart rhubarb, you'll want to make these more than just once.
see recipe, page 32 >>

NUTRITION INFO
PER SERVE (with sugar) 937kJ, **protein** 5g, **total fat** 8.1g (sat. fat 1.5g), **carbs** 31g, **fibre** 3g, **sodium** 82mg • **Carb exchanges** 2 • **GI estimate** medium

PER SERVE (with sugar substitute) 872kJ, **protein** 5g, **total fat** 8.1g (sat. fat 1.5g), **carbs** 27g, **fibre** 3g, **sodium** 82mg • **Carb exchanges** 2 • **GI estimate** medium

BLACKBERRY AND GINGER PIE

PREPARATION TIME: 15 MINS (+ 1 HOUR COOLING)
COOKING TIME: 55 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

500g pkt frozen blackberries
60g (¼ cup) caster sugar or granulated sugar substitute
3 large ripe pears, peeled, cored and chopped
3cm piece ginger, finely grated
¼ tsp ground ginger
1 Tbsp cornflour
1 tsp vanilla extract
60g egg, lightly whisked
1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed
1 tsp caster sugar
Icing sugar (optional), to serve

1 **Heat blackberries,** sugar, pears, fresh and ground ginger in a medium saucepan over medium, stirring until berries defrost. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, covered, for 10 minutes. Uncover and simmer for a further 10 minutes. Mix cornflour with a little water and stir into berry mixture, until thickened. Stir in vanilla. Transfer to a 750ml (3-cup) ovenproof dish. Set aside for at least 1 hour to cool.
2 **Preheat oven** to 190°C (fan-forced). Brush edge of dish with a little egg. Place pastry over the fruit, pressing down on edge of the plate to seal. Using a small, sharp knife, trim excess pastry and make a small hole in the centre to help steam escape while cooking. Brush pastry with egg and sprinkle with sugar. Bake for 20-25 minutes or until golden brown. Dust with icing sugar, if you like. Serve.

CHICKEN, KALE AND MUSHROOM PIE

PREPARATION TIME: 20 MINS (+ 1 HOUR COOLING)
COOKING TIME: 45 MINS
SERVES 6 (AS A MAIN)

2 tsp extra virgin olive oil
500g skinless chicken breast fillets, trimmed of excess fat
1 leek, trimmed, halved lengthways, thinly sliced
2 celery sticks, finely chopped
700g orange sweet potato, peeled, chopped
300g button mushrooms, thinly sliced
2 garlic cloves, crushed
½ bunch thyme, leaves picked
2 Tbsp wholemeal plain flour
435ml (1¾ cups) skim milk
½ bunch kale, inner core removed, finely shredded
1 Tbsp wholegrain mustard
¼ tsp smoked paprika
55g (½ cup) reduced-fat mozzarella
1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed
60g egg, lightly whisked

1 **Heat ¼ teaspoon of the oil** in a small non-stick frying pan over medium. Cook chicken for 3 minutes each side or until almost cooked. Transfer to a plate, cover loosely with foil and set aside.
2 **Heat remaining oil** in a large non-stick frying pan over medium. Add leek and celery. Cook, stirring occasionally, for 5-6 minutes or until leek starts to soften.
3 **Meanwhile,** put sweet potato and 60ml (¼ cup) water in a microwave-safe dish. Cover and cook on High/100% for 4-5 minutes or until tender. Drain and set aside.
4 **Stir mushrooms,** garlic and thyme into leek mixture. Increase heat to high and cook, stirring often, for 2-3 minutes or until mushrooms soften. Add flour to pan and cook, stirring, for 1 minute. Gradually stir in milk. Bring to a simmer. Add kale and cook, stirring, for 2-3 minutes or until softened. Remove pan from heat. Stir in sweet potato, mustard, paprika and cheese.
5 **Chop chicken** into pieces and stir into vegie mixture. Spoon into a 2L (8-cup) rectangular ovenproof dish. Set aside for 1 hour to cool.

6 **Preheat oven** to 190°C (fan-forced). Roll out pastry on a lightly floured sheet of baking paper large enough to cover filling. Place on top of filling, pinching on edge of dish to seal. Trim excess. Make a few small slits in the top to help steam escape while cooking. Brush pastry with a little egg. Bake for 25-30 minutes or until golden brown. Serve.

LAMB, MINT AND SWEET POTATO PIE

PREPARATION TIME: 15 MINS
COOKING TIME: 45 MINS
SERVES 4 (AS A MAIN)

1kg (800g peeled) orange sweet potato, peeled, chopped
2 Tbsp skim milk
1 tsp olive oil
1 brown onion, finely chopped
2 carrots, coarsely grated
130g (2 cups) shredded cabbage
2 Tbsp Gravox Lite Supreme Gravy
400g can no-added-salt crushed tomatoes
310ml (1¼ cups) water
60ml (¼ cup) salt-reduced tomato sauce
1 Tbsp Worcestershire sauce
200g broccoli, cut into small pieces
150g (1 cup) frozen peas
60g baby spinach leaves
500g lamb leg steaks, trimmed of fat, finely chopped
⅓ cup mint leaves, finely shredded
40g reduced-fat feta, crumbled
40g (⅓ cup) reduced-fat grated cheddar

1 **Cook sweet potato** in a large saucepan of boiling water for 10-12 minutes or until very tender. Drain well and return to pan. Add milk and mash until almost smooth. Cover and set aside.
2 **Meanwhile,** preheat oven to 180°C (fan-forced). Heat oil in a large non-stick frying pan over medium. Add onion, carrots and cabbage. Cook, stirring occasionally, for 5-6 minutes or until onion softens. Add gravy and stir for 1 minute. Stir in tomatoes, water, tomato sauce and Worcestershire sauce. Bring to a simmer. Remove pan from heat and stir in broccoli, peas and spinach until spinach just wilts. Stir in lamb and mint.
3 **Divide mixture** between 4 x 500ml (2-cup) ovenproof dishes. Cover with sweet potato and rough up the top. Sprinkle over combined feta and cheddar. Place dishes on 2 baking trays. Bake for 20-25 minutes or until cheese is melted and golden brown. Serve.

SNAPPER PIES

PREPARATION TIME: 20 MINS (+ COOLING)
COOKING TIME: 50 MINS
SERVES 4 (AS A MAIN)

1 tsp olive oil
1 large red onion, halved, thinly sliced
2 parsnips, chopped
2 carrots, diagonally sliced
2 celery sticks, diagonally sliced
2 Carisma potatoes, chopped
2 garlic cloves, finely chopped
60ml (¼ cup) water
40g (¼ cup) wholemeal plain flour
560ml (2¼ cups) low-fat milk
60g (½ cup) reduced-fat grated vintage cheddar
2 tsp wholegrain mustard
Finely grated zest of 1 lemon
Freshly ground black pepper
600g boneless, skinless snapper fillets, cut into bite-size pieces
6 sheets filo pastry
Olive oil cooking spray

1 **Heat the oil** in a large non-stick frying pan over medium. Add the onion, parsnips, carrots, celery, potatoes and garlic. Cook, stirring often, for 4 minutes. Add water, cover and cook for 10-15 minutes or until vegetables are just tender.
2 **Add flour** to the pan and cook, stirring, for 1 minute. Remove pan from the heat and gradually stir in milk. Return to the heat and cook, stirring, until sauce thickens and comes to a simmer. Simmer, uncovered, for 5 minutes. Remove from heat and stir in cheese, mustard, lemon zest and pepper. Stir in the fish. Divide mixture between 4 x 500ml (2-cup) ovenproof dishes. Set aside for 30 minutes to cool slightly.
3 **Preheat oven** to 180°C (fan-forced). ➤

Lay out 1 piece of filo pastry on a clean surface. Spray with cooking spray, then cut crossways into about 8 strips. Scrunch up pieces and arrange on top of 1 pie. Repeat spraying, cutting and scrunching remaining 5 sheets of filo (you will need about 1½ sheets to cover each pie).
4 **Bake pies** for 20-25 minutes or until pastry tops are golden brown. Serve immediately.

STEAK AND GUINNESS PIE WITH CHEESE CRUST

PREPARATION TIME: 20 MINS (+ 2 HOURS COOLING + CHILLING)
COOKING TIME: 2 HOURS 40 MINS
SERVES 6 (AS A MAIN)

2 Tbsp wholemeal plain flour
Freshly ground black pepper
600g chuck steak, trimmed of fat, cut into 2.5cm pieces
1 tsp olive oil
2 brown onions, cut into thin wedges
2 celery sticks, chopped
440ml can Guinness
500g Carisma potatoes, peeled, chopped
1 Tbsp Dijon mustard
⅓ bunch thyme (leaves on)
2 bay leaves
1 Tbsp brown sugar
2 zucchinis, coarsely grated, excess moisture squeezed out
60g egg, lightly whisked
4 cups mixed garden salad (such as lettuce, tomato and cucumber), to serve

Pastry
120g (¾ cup) plain flour
80g (½ cup) wholemeal plain flour
70g light margarine
40g (⅓ cup) reduced-fat grated cheddar
3-4 Tbsp iced water

1 **Put flour** on a large plate and season with pepper. Add steak and toss well to coat. Heat the oil in a large casserole dish over medium-high. Cook steak for 2-3 minutes or until browned. Remove from pan and set aside.
2 **Add onions,** celery and Guinness to the pan and increase heat to high. Cook, stirring, for 2 minutes to remove any bits off the bottom of pan. Add potatoes, mustard, thyme and bay leaves. Cover and bring to a simmer. Reduce heat to medium-low and simmer, covered, for 2-2½ hours or until meat is very tender and the sauce is thick.
3 **Remove pan** from the heat and remove and discard thyme stalks (leaves will have fallen off) and bay leaves. Stir in sugar and zucchini. Transfer mixture to a large dish, cover and set aside for 2 hours to cool (transfer to the fridge after 1 hour, if you like).
4 **Meanwhile,** to make the pastry, put the flours and margarine in a small food processor. Cover and process until combined. Add the cheddar and process to combine. Add enough of the water that the dough starts to come together when processed. Turn out onto a clean surface and bring together to form a ball. Shape into a disc, cover in plastic wrap and put in the fridge for 30 minutes to chill.
5 **Preheat oven** to 190°C (fan-forced). Stir filling and spoon into a 20cm pie dish. Roll out pastry between 2 sheets of baking paper lightly dusted with flour until a little larger than top of the pie dish. Cut small strips off the edge of the pastry round and press around edge of the pie dish. Brush with a little egg. Place the pastry over the filling, trimming edge to fit dish and discarding excess. Pinch edge to seal. Cut a few small slits in the top of the pastry to allow steam to escape while cooking. Brush pastry with a little egg. Place pie on a baking tray and bake for 25-30 minutes or until pastry is golden brown.
6 **Serve the pie warm** with the garden salad on the side.

RHUBARB, APPLE AND ALMOND PIES

PREPARATION TIME: 20 MINS (+ 1 HOUR COOLING + CHILLING)
COOKING TIME: 35 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

½ bunch rhubarb, ends trimmed, cut into 4cm pieces
2 large Granny Smith apples, peeled, quartered, cored, sliced
2 Tbsp water
2 Tbsp caster sugar or granulated sugar substitute
Pinch ground cinnamon
Cooking spray
1 Tbsp almond meal
60g egg, lightly whisked
1 Tbsp flaked almonds
1 tsp demerara or caster sugar

Pastry
120g (¾ cup) plain flour
80g (½ cup) wholemeal plain flour
2 Tbsp caster sugar or granulated sugar substitute
80g light margarine
3-4 Tbsp iced water

1 **Put the rhubarb,** apples, water, sugar and cinnamon in a medium saucepan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, for 8-10 minutes or until almost tender. Set aside in the pan for 20 minutes before transferring to a bowl. Set aside for 1 hour to cool.
2 **Meanwhile,** to make the pastry, combine the flours and sugar in a medium bowl. Add the margarine and, using your fingertips, rub in until well combined. Using a flat-bladed knife to stir, add just enough water to allow the mixture to start to come together. Using your hands, form a dough ball, then shape into a disc. Wrap in plastic wrap and put in the fridge for 30 minutes to chill.
3 **Preheat oven** to 190°C (fan-forced). Spray 8 x 80ml (⅓-cup) muffin pans holes with cooking spray. Roll out pastry between 2 sheets of lightly floured baking paper until about 2-3mm thick. Using a 9cm round cutter, cut out 8 circles and use to line pan holes. Sprinkle almond meal over each pastry base. Divide rhubarb mixture evenly between pan holes. Re-roll remaining pastry and use an 8cm fluted or round cutter to cut out 8 more circles. Brush each with a little of the egg and place, egg side down, over the tops of the filling (don't worry if tops don't completely cover).
4 **Brush pastry tops** with a little more egg and sprinkle flaked almonds over the top. Sprinkle with sugar, then bake for 20-25 minutes or until pastry is golden brown. Serve pies warm or at room temperature.

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

CANNED APRICOT AND CUSTARD PIE

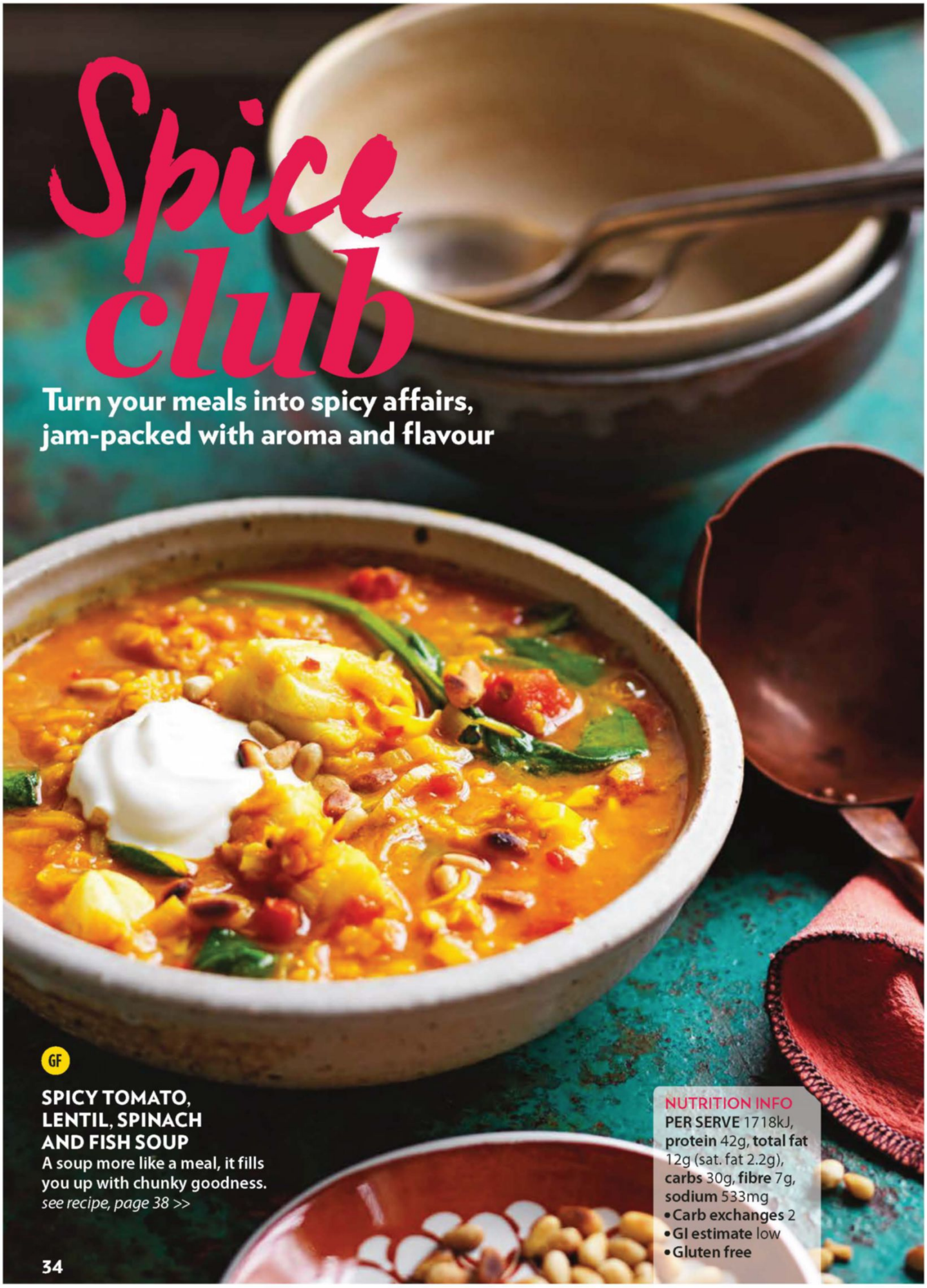
PREPARATION TIME: 10 MINS (+ 1 HOUR 45 MINS COOLING + CHILLING)
COOKING TIME: 1 HOUR 5 MINS
SERVES 10 (AS A DESSERT)

3 Tbsp custard powder
2 Tbsp caster sugar or granulated sugar substitute
375ml (1½ cups) skim milk, plus 2 Tbsp extra
1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed
2 x 60g eggs, whisked
1 tsp vanilla extract
800g can apricot halves in natural juice, drained
Pinch ground cinnamon

1 **Combine custard powder** and sugar in a medium saucepan. Gradually whisk in the 375ml (1½ cups) milk. Cook over medium heat, stirring, for 4-5 minutes or until mixture thickens and comes to a simmer. Simmer for 2 minutes. Transfer to a large bowl and cover the top with plastic wrap. Set aside for 1 hour to cool.
2 **Meanwhile,** roll out pastry on a lightly floured surface until large enough to line a 20cm pie plate. Line plate. Trim and discard excess pastry. Using a fork, prick the base. Line base with baking paper and baking beans or rice. Place in the fridge for 20 minutes to chill.
3 **Preheat oven** to 180°C (fan-forced). Place pie plate on a baking tray. Bake for 15 minutes. Remove pastry and beans or rice. Return to oven and bake for a further 5-10 minutes or until the pastry is just cooked through. Set aside to cool for 15 minutes.
4 **Add the eggs,** extra milk and vanilla extract to the cooled custard mixture and whisk until smooth. Carefully pour into the pie shell. Arrange enough apricot halves over the top (skin side down) to cover the custard (you will have about 90g leftover, so keep for another use), slightly pushing fruit into the custard. Sprinkle over a little cinnamon.
5 **Reduce oven temperature** to 170°C (fan-forced). Bake pie for 35-40 minutes, or until the custard is set. Set aside to cool for 30 minutes before serving. ■

Spice club

Turn your meals into spicy affairs, jam-packed with aroma and flavour



GF

SPICY TOMATO, LENTIL, SPINACH AND FISH SOUP

A soup more like a meal, it fills you up with chunky goodness.

see recipe, page 38 >>

NUTRITION INFO

PER SERVE 1718kJ, **protein** 42g, **total fat** 12g (sat. fat 2.2g), **carbs** 30g, **fibre** 7g, **sodium** 533mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten free**

SLOW-COOKED INDIAN LAMB SHANKS

Who doesn't love shank meat that comes off the bone dripping in a rich sauce?

see recipe, page 88 >>

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 2012kJ, **protein** 39g, **total fat** 20g (sat. fat 6.6g), **carbs** 32g, **fibre** 9g, **sodium** 400mg
- **Carb exchanges** 2
- **GI estimate** low

Cauliflower and spice and everything nice...

GFO

CAULIFLOWER IN COCONUT SAUCE

Vibrant and delicious, this vegetarian dish is enough to lure in meat lovers, too.

see recipe, page 40 >>

NUTRITION INFO

PER SERVE 1480kJ, **protein** 14g, **total fat** 10.7g (sat. fat 5.2g), **carbs** 45g, **fibre** 9g, **sodium** 199mg

- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

GFO

MOROCCAN CHICKEN AND OLIVE TAGINE WITH COUSCOUS

Spices, herbs and fresh produce abundant in colour equals yum!

see recipe, page 41 >>

NUTRITION INFO

PER SERVE 2060kJ, **protein** 44g, **total fat** 15.7g (sat. fat 1.4g), **carbs** 37g, **fibre** 10g, **sodium** 524mg

- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten-free option**

SPICY TOMATO, LENTIL, SPINACH AND FISH SOUP

PREPARATION TIME: 15 MINS
COOKING TIME: 40 MINS
SERVES 4 (AS A MAIN)

1 Tbsp extra virgin olive oil
1 leek, trimmed, finely chopped
2 garlic cloves, chopped
1 long red chilli, seeded, finely chopped
1 tsp ground turmeric
1 tsp ground ginger
1 tsp ground coriander
1 tsp ground cumin
400g can no-added-salt chopped tomatoes
750ml (3 cups) boiling water
1 Massel Chicken Style Salt Reduced Stock Cube
1 Tbsp honey
115g (½ cup) red lentils, rinsed and drained
600g firm boneless fish fillets, cut into bite-size pieces
60g baby spinach leaves
Juice of ½ lemon
Freshly ground black pepper
Pinch saffron threads
2 tsp boiling water
70g (⅓ cup) low-fat Greek-style natural yoghurt, to serve
1 Tbsp pine nuts, toasted (see Cook's tip), to serve

1 **Heat the oil** in a large saucepan over medium. Add the leek, garlic and chilli. Cook, stirring often, for 7-8 minutes or until leek softens. Add turmeric, ginger, coriander and cumin. Cook, stirring, for 1 minute.
2 **Add tomatoes,** water, stock cube, honey and lentils to the pan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium and simmer, covered, for 20-25 minutes or until lentils are almost tender.
3 **Add fish** to the pan and cook, covered, for 5-10 minutes or until fish is just tender. Stir in spinach leaves and remove pan from heat. Set aside, covered, for 5 minutes. Stir in lemon juice and season with pepper.
4 **Meanwhile,** put saffron threads and water in a small bowl. Set aside for 10 minutes.
5 **Serve soup** topped with saffron and liquid, yoghurt and nuts.

COOK'S TIP

To toast pine nuts, place in a frying pan over medium heat. Cook, stirring, for 3-4 minutes or until lightly toasted.

SLOW-COOKED INDIAN LAMB SHANKS

PREPARATION TIME: 15 MINS
COOKING TIME: 3 HOURS 10 MINS
SERVES 4 (AS A MAIN)

1 tsp olive oil
4 small French-trimmed lamb shanks, any excess fat removed
2 brown onions, cut into very thin slivers
4cm piece ginger, peeled, finely grated
4 cardamom pods, bruised
2 cinnamon sticks, broken in half
1 Tbsp ground cumin
2 tsp ground coriander
Pinch ground chilli
400g can no-added-salt chopped tomatoes
250ml (1 cup) salt-reduced chicken stock
2 x 40g sachets no-added-salt tomato paste
2 Tbsp brown sugar
200g tub low-fat Greek-style natural yoghurt, whisked until smooth
160g green beans, trimmed, steamed, to serve ➤

Here's the rub!

CAJUN SPICE RUB

(MAKES ENOUGH TO COAT 4 X 125-150G LEAN MEAT, FISH OR POULTRY)

Combine 1 Tbsp **smoked paprika**, 1 tsp **dried thyme leaves**, 1 tsp **dried oregano**, 1 tsp **cayenne pepper**, 2 tsp **brown sugar** and ½ tsp **garlic powder**, then rub into flesh before baking/frying.

NUTRITION INFO

PER SERVE 86kJ, **protein** 0g, **total fat** 0.5 (sat. fat 0.1g), **carbs** 3g, **fibre** 1g, **sodium** 94mg • **Carb exchanges** 0 • **GI estimate** medium • **Gluten free**

SPICED NUTS

SERVES 16 (AS A SNACK)

Whisk an **egg white** (from 60g egg) in a bowl until foamy. Stir in 1 Tbsp **caster sugar**, 1 tsp **garam masala**, ½ tsp **smoked paprika**, 1 tsp **ground cinnamon** and 300g **mixed raw nuts**. Evenly spread nut mixture over a baking tray lined with baking paper. Bake in an oven preheated to 150°C (fan-forced) for 15 minutes. Separate mixture, reduce oven temperature to 120°C (fan-forced) and cook for a further 10 minutes, turning occasionally, or until nuts are golden. Serve.

NUTRITION INFO

PER SERVE 522kJ, **protein** 4g, **total fat** 10.8g (sat. fat 1.5g), **carbs** 4g, **fibre** 1g, **sodium** 9mg **Carb exchanges** ½ **GI estimate** low • **Gluten free**

DUKKAH

(MAKES ENOUGH TO SERVE 6)

Place 30g (¼ cup) **hazelnuts**, finely chopped, 1½ Tbsp **sesame seeds**, and 1½ tsp each of **ground coriander** and **cumin** in a small non-stick frying pan. Cook over medium heat, stirring, for 2-3 minutes or until aromatic. Season with **pepper** and let cool. Keep in a small airtight container for up to 2 weeks.

▶ Toss through roasted or steamed vegies for extra crunch; use to make a crust on lean lamb, chicken or beef; sprinkle a little over poached eggs and serve with roasted tomatoes, spinach and sourdough bread for a delicious brekkie or brunch.

NUTRITION INFO

PER SERVE 233kJ, **protein** 2g, **total fat** 5.1g (sat. fat 0.3g), **carbs** 1g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** 0 • **Gluten free**

2 zucchini, diagonally sliced, steamed, to serve
1 x 70g True Foods traditional naan bread, heated following packet directions, quartered, to serve

Cucumber, onion and tomato salsa
1 small lebanese cucumber, halved, seeded, finely chopped
¼ small red onion, finely chopped
1 tomato, seeded, finely chopped
2 Tbsp finely shredded mint
Juice of ¼ lemon

1 **Preheat oven** to 140°C (fan-forced). Heat the oil in a large heavy-based stoveproof and ovenproof casserole dish (with a lid) over medium-high. Add lamb shanks and cook, turning shanks occasionally, for 3-4 minutes or until browned. Transfer to a plate.
2 **Add the onions,** ginger, cardamom pods and cinnamon sticks to the dish, reduce heat to medium and cook, stirring often, for 4-5 minutes or until onion starts to soften. Add the cumin, coriander and chilli and cook, stirring, for 30 seconds. Add the canned tomatoes, stock, tomato paste and sugar, then stir until well combined. Add the yoghurt a little at a time, whisking in each addition until well combined.
3 **Return lamb shanks** to the dish. Cover, place in the oven and cook, stirring once, for 3 hours or until meat starts to come off the bone. Using paper towel, absorb any oil sitting on the surface. Remove and discard cinnamon and cardamom.
4 **Meanwhile,** to make the salsa, combine all ingredients in a bowl.
5 **Serve lamb shanks** and sauce with the cucumber, onion and tomato salsa, and with the beans, zucchini and a piece of the naan bread per person.

CAULIFLOWER IN COCONUT SAUCE

PREPARATION TIME: 15 MINS
COOKING TIME: 40 MINS
SERVES 6 (AS A MAIN)

2 tsp olive oil
1 large brown onion, cut into slivers
3 garlic cloves, crushed
3cm piece ginger, finely grated
1 cinnamon stick, broken in half
4 cardamom pods, bruised
3 cloves
1 star anise
1½ tsp ground turmeric
1 long green chilli, cut in half lengthways
600g (1 small) head cauliflower, cut into small florets
600g Carisma potatoes, chopped
400ml can light coconut milk
250ml (1 cup) salt-reduced vegetable stock or gluten-free stock
200g green beans, trimmed, cut in half diagonally
300g pkt firm tofu, drained, cut into cubes
210g (1 cup) Doongara rice, cooked following packet directions, to serve
Coriander leaves, to serve

1 **Heat the oil** in a large heavy-based saucepan over medium. Add the onion, garlic, ginger, cinnamon stick, cardamom, cloves and star anise. Cook, stirring often, for 6-7 minutes or until onion softens. Add turmeric and chilli, and stir for 1 minute.
2 **Add the cauliflower,** potato, coconut milk and vegetable stock to the pan. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered,

for 20-25 minutes or until the cauliflower is almost tender. Add the beans and tofu and cook, partially covered, for 5-10 minutes or until the beans are tender and the tofu is heated through. Remove and discard cinnamon, cardamom, cloves and star anise.
3 **Serve rice** topped with the cauliflower mixture and coriander.

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

MOROCCAN CHICKEN AND OLIVE TAGINE WITH COUSCOUS

PREPARATION TIME: 15 MINS (+ RESTING)
COOKING TIME: 1 HOUR
SERVES 4 (AS A MAIN)

Pinch saffron threads
2 tsp boiling water
650g (4) lovely legs
200g skinless chicken breast fillet, trimmed of fat, cut into 4 pieces
⅓ cup coriander, finely chopped
⅓ cup flat-leaf parsley, finely chopped
Zest and juice of 1 lemon
2 tsp smoked paprika
3 tsp extra virgin olive oil
1 large brown onion, thinly sliced into rings
2 garlic cloves, finely chopped
4cm piece ginger, peeled, finely grated
1 tsp ground cumin
2 large carrots, cut into chunks
3 large tomatoes, chopped
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
85g (⅓ cup) Sicilian olives, with pits
140g (⅔ cup) wholemeal couscous or gluten-free couscous
250ml (1 cup) boiling water

1 **Put the saffron threads** in a small bowl and pour over the boiling water. Set aside for 10 minutes. Meanwhile, put the lovely legs and chicken breast in a shallow dish. Combine the coriander, parsley, lemon zest and juice, paprika, saffron mixture, and 2 teaspoons of the oil, in a small bowl. Spoon over chicken and rub all over to coat.
2 **Preheat oven** to 170°C (fan-forced). Heat the remaining oil in a large non-stick frying pan over medium. Add the onion, garlic and ginger, then cook, stirring occasionally, for 7-8 minutes or until the onion is softened. Add the cumin and cook, stirring, for 1 minute.
3 **Lift chicken** from the marinade to drain and place on a plate. Add remaining marinade to the pan with the carrots, tomatoes and stock and return to a simmer. Spoon onion mixture into a tagine or ovenproof dish. Place chicken lovely legs on top of the onion mixture and scatter over the olives. Cover and bake for 35 minutes. Add chicken breast pieces to the dish, cover and return to oven for 10-15 minutes or until chicken is cooked through.
4 **Meanwhile,** put the couscous in a medium heatproof bowl. Pour over boiling water and cover with a plate. Set aside for 5 minutes, or until liquid is absorbed. Using a fork, separate and fluff up the grains.
5 **Serve couscous** topped with the chicken and olive mixture. ■

SPRING *fresh*

Greet the warmer weather with crisp new flavours

MAPLE AND PAPRIKA ROASTED CHICKEN SALAD
These lovely legs are made even tastier with lashings of maple syrup.
see recipe, page 46 >>

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 1390kJ, **protein** 24g, **total fat** 10.8g (sat. fat 0.9g), **carbs** 26g, **fibre** 7g, **sodium** 373mg
- **Carb exchanges** 1½
- **GI estimate** low

NUTRITION INFO
PER SERVE 1350kJ, **protein** 19g, **total fat** 14.8g (sat. fat 3.3g), **carbs** 22g, **fibre** 10g, **sodium** 136mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**

GFO

CUCUMBER, BROCCOLINI AND BEEF RICE SALAD

Beef up a salad with tasty greens and low-GI rice.

see recipe, page 46 >>

GFO

BLACKENED SALMON WITH ASPARAGUS AND CABBAGE SALAD

Chargrilled fish with a side of crunch. A worthy munch!
see recipe, page 46 >>

NUTRITION INFO
PER SERVE 1380kJ, **protein** 23g, **total fat** 13.8g (sat. fat 4.3g), **carbs** 24g, **fibre** 9g, **sodium** 406mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**

Grill, roast or stir-fry salad veg – yum!

GF

ROASTED BABY CARROT, CHICKEN AND MACADAMIA SALAD

A platter for two where every bite is delicious.
see recipe, page 48 >>

NUTRITION INFO
PER SERVE 1390kJ, **protein** 23g, **total fat** 13.6g (sat. fat 2.4g), **carbs** 24g, **fibre** 9g, **sodium** 128mg • **Carb exchanges** 1½ • **GI estimate** low
- **Gluten free**

NUTRITION INFO
PER SERVE 1240kJ, **protein** 32g, **total fat** 6g (sat. fat 0.9g), **carbs** 23g, **fibre** 6g, **sodium** 493mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**

GFO

PRAWN AND ASPARAGUS NOODLE STIR-FRY

Celebrate the warmer days with the flavours of summer.

see recipe, page 48 >>

MAPLE AND PAPRIKA ROASTED CHICKEN SALAD

PREPARATION TIME: 10 MINS (+ MARINATING + COOLING)
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

2 Tbsp sugar-free maple syrup
2 garlic cloves, crushed
Zest and juice of 1 lemon
1 tsp smoked paprika
3 chicken lovely legs
Olive oil cooking spray
45g (¼ cup) Blu Couscous
125ml (½ cup) water
1 cup mint leaves
100g (½ cup) drained roasted capsicum strips in vinegar, sliced
1 lebanese cucumber, very thinly sliced
1 tsp extra virgin olive oil

1 **Combine the maple syrup,** garlic, half the lemon zest and juice, and the paprika in a shallow dish. Add chicken and rub mixture all over to coat. Cover. Put in the fridge for 30 minutes to marinate.
2 **Preheat oven** to 200°C (fan-forced). Line a small roasting pan with baking paper. Add chicken, spray with oil and brush with a little of the marinade. Roast, brushing 2-3 times with the remaining marinade, for 25-30 minutes or until cooked. Transfer to a plate and set aside to cool.
3 **Meanwhile,** put couscous and water in a small saucepan. Cover and bring to a simmer over a low heat. Cook, uncovered, for 7-10 minutes or until liquid is absorbed and couscous is tender. Transfer to a bowl and set aside to cool.
4 **Add the mint leaves,** capsicum strips, cucumber, olive oil and remaining lemon zest and juice to the couscous and toss to combine. Pull chicken off the bones and toss into the salad along with any plate juices. Serve.

CUCUMBER, BROCCOLINI AND BEEF RICE SALAD

PREPARATION TIME: 10 MINS (+ RESTING)
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

2 Tbsp SunRice Doongara Low GI Brown Rice
1 bunch broccolini, trimmed, halved lengthways
100g beef fillet steak, fat trimmed
Extra virgin olive oil cooking spray
Freshly ground black pepper
1 lebanese cucumber, halved lengthways, diagonally sliced
1 cup mint leaves
½ small avocado, chopped
1 green capsicum, chopped
1 Tbsp white wine vinegar
1 tsp extra virgin olive oil
1 tsp wholegrain mustard or gluten-free mustard

1 **Cook rice** in a small saucepan of boiling water for 20-25 minutes, adding the broccolini for the last 2 minutes, or until tender. Drain, rinse under cold water, drain again and transfer to a bowl.
2 **Meanwhile,** preheat a chargrill pan on medium-high. Spray beef with cooking spray. Season with pepper. Add to the chargrill and cook for 1½ minutes each side for medium or until cooked to your liking. Transfer to a plate and rest for 5 minutes. Diagonally slice.
3 **Add the cucumber,** mint, avocado, capsicum and beef to the rice and broccolini mixture. Toss gently to combine.
4 **Whisk the vinegar,** oil and mustard in a jug. Season with pepper. Toss into salad and serve.

BLACKENED SALMON WITH ASPARAGUS AND CABBAGE SALAD

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

150g skinless and boneless salmon fillet, halved crossways
2 tsp Cajun spice mix
Olive oil cooking spray
1 bunch asparagus, woody ends trimmed
150g (2 cups) finely shredded cabbage
1 carrot, peeled into ribbons using a vegetable peeler
½ red onion, cut into thin wedges
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
Juice of ½ orange
1 tsp Dijon mustard or gluten-free mustard
Freshly ground black pepper
50g sourdough roll or gluten-free roll, halved horizontally, to serve

1 **Preheat a chargrill** on medium-high. Coat salmon fillet in Cajun spice mix and spray with cooking spray. Put on chargrill and cook for 3 minutes each side or until cooked through. Transfer to a plate. ➤

GFO

COCONUT POACHED CHICKEN, LIME AND CORIANDER SALAD

A wonderfully light meal with the flavours of Asia.

see recipe, page 49 >>

NUTRITION INFO

PER SERVE 1180kJ, **protein** 31g, **total fat** 8g (sat. fat 3.5g), **carbs** 18g, **fibre** 6g, **sodium** 114mg

- **Carb exchange** 1
- **GI estimate** low
- **Gluten-free option**

Real men and real women and kids all eat quiche

MUSHROOM, LEEK AND CHEDDAR QUICHE

This quiche serves six, so dish it to the whole family – they'll love it!

see recipe, page 49 >>

NUTRITION INFO

PER SERVE 1040kJ, **protein** 19g, **total fat** 12.1g (sat. fat 3.6g), **carbs** 13g, **fibre** 5g, **sodium** 377mg • **Carb exchange** 1 • **GI estimate** low

2 **Spray asparagus** with cooking spray and add to the chargrill. Cook, turning occasionally, for 2-3 minutes or until tender.
3 **Toss the cabbage,** carrot and onion in a bowl. Whisk the mayonnaise, orange juice and mustard in a jug. Toss into salad.
4 **Place salmon** with asparagus and salad on plate. Sprinkle with pepper. Serve with half a bread roll per person.

ROASTED BABY CARROT, CHICKEN AND MACADAMIA SALAD

PREPARATION TIME: 10 MINS (+ RESTING)
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

20g unsalted macadamia nuts, roughly chopped
1 bunch baby carrots, scrubbed
Olive oil cooking spray
100g green beans, trimmed, halved lengthways
¼ tsp extra virgin olive oil
125g skinless chicken breast fillet, fat trimmed
120g pkt Sandhurst Quinoa & Co Ready To Eat White Quinoa
50g (2 cups) baby spinach leaves
Juice of ½ orange
Freshly ground black pepper
50g low-fat ricotta, crumbled

1 **Preheat oven** to 180°C (fan-forced). Place nuts on a baking tray. Roast for 5 minutes or until lightly toasted. Set aside. Increase temperature to 200°C (fan-forced).
2 **Line a medium roasting pan** with baking paper. Arrange carrots in the base, spray with cooking spray and roast for 15 minutes. Spray beans with cooking spray and add to the pan. Roast for 5 minutes or until the vegetables are tender.
3 **Meanwhile,** heat the oil in a non-stick frying pan on high. Add chicken and cook for 4 minutes each side or until cooked. Transfer to a plate and rest for 5 minutes.
4 **Place carrots,** beans, chicken, quinoa and spinach in a large bowl. Toss in the orange juice and season with pepper. Arrange on a serving platter. Sprinkle with ricotta and macadamias. Serve.

PRAWN AND ASPARAGUS NOODLE STIR-FRY

PREPARATION TIME: 10 MINS (+ STANDING)
COOKING TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

110g (½ pkt) KanTong Thin Rice Wok Ready Noodles or gluten-free noodles
2 tsp olive oil
500g green prawns, peeled (tails left intact) and deveined
1 bunch asparagus, woody ends trimmed, diagonally halved
100g snow peas, trimmed, diagonally halved
1 red capsicum, cut into thin strips
3cm piece ginger, peeled, finely grated
1 Tbsp mirin
1 Tbsp fresh lemon juice
1½ tsp salt-reduced soy sauce or gluten-free soy sauce
2 green shallots, trimmed, diagonally sliced

Coriander leaves (optional), to serve

1 Put the noodles in a heatproof bowl and cover with boiling water. Stand for 5 minutes. Drain and set aside.
2 Heat half the oil in a non-stick wok over high. Add prawns and stir-fry for 2 minutes or until just cooked. Transfer to a bowl.
3 Heat remaining oil in the wok over medium-high. Add the asparagus, snow peas, capsicum and ginger. Stir-fry for 2-3 minutes or until tender-crisp.
4 Combine mirin, lemon juice and soy sauce. Add to the wok with the noodles. Toss to combine and heat through. Toss in the prawns and shallots. Serve, sprinkled with coriander leaves, if you like.

COCONUT POACHED CHICKEN, LIME AND CORIANDER SALAD

PREPARATION TIME: 10 MINS (+ STANDING + COOLING)
COOKING TIME: 20 MINS
SERVES 2 (AS A LIGHT MEAL)

110g (½ pkt) Wokka Thin Egg Shelf Fresh Noodles or gluten-free noodles
165ml can light coconut milk
250ml (1 cup) water
½ stalk lemongrass, finely sliced
4 strips lime zest (made using a vegetable peeler) and juice of ½ small lime
2cm piece ginger, peeled, sliced
200g skinless chicken breast fillet, fat trimmed
2 cups watercress or rocket leaves
1 bunch coriander, leaves picked, roots reserved and washed
100g sugar snap peas, topped and tailed, sliced
½ red capsicum, very thinly sliced
1 tsp extra virgin olive oil
Freshly ground black pepper

1 Put the noodles in a small heatproof bowl and cover with boiling water. Set aside for 5 minutes. Drain well and set aside.
2 Put the coconut milk, water, lemongrass, lime zest and ginger in a small non-stick saucepan and bring to a simmer over medium heat. Reduce heat to medium-low, add the chicken and cover surface with a round of baking paper. Cook, turning chicken once, for 7-10 minutes or until chicken is just cooked. Transfer to a plate to cool for 15 minutes. Drain poaching liquid, reserving 2 Tbsp for the dressing (you could chill and/or freeze the remaining poaching liquid for another use).
3 Shred the chicken and put in a large bowl. Add the noodles, watercress or rocket, coriander leaves, sugar snap peas and capsicum. Toss to combine.
4 Finely chop the coriander roots and put in a small bowl with the lime juice, oil, pepper and reserved poaching liquid. Toss into the salad and serve.

MUSHROOM, LEEK AND CHEDDAR QUICHE

PREPARATION TIME: 15 MINS (+ COOLING)
COOKING TIME: 40 MINS
SERVES 6 (AS A LIGHT MEAL)

2 tsp extra virgin olive oil
250g flat mushrooms, halved, sliced
2 small leeks, thinly sliced
2 garlic cloves, crushed
250g broccoli, cut into small florets
Olive oil cooking spray
6 sheets filo pastry
80g (⅔ cup) grated Bega So Light Vintage Cheese
6 x 60g eggs
250ml (1 cup) low-fat milk
1 Tbsp wholegrain mustard
Freshly ground black pepper
100g mixed salad leaves, to serve
Balsamic glaze or lemon juice, to serve

1 Heat the oil in a large non-stick frying pan over medium. Add the mushrooms, leeks and garlic. Cook, stirring often, for 6-7 minutes or until the leeks start to soften. Add the broccoli, cover and cook for 2-3 minutes or until broccoli is tender. Transfer vegetables to a bowl and set aside to cool completely.
2 Preheat oven to 190°C (fan-forced). Spray a 1.5L (26x20cm) ovenproof dish with cooking spray. Arrange 1 sheet of filo on a clean surface. Spray with cooking spray. Top with another sheet of filo and spray. Continue layering and spraying remaining sheets of pastry. Use the pastry to line the dish, trimming and discarding any excess pastry. Place dish on a baking tray.
3 Evenly arrange cooled vegies over base of the pastry. Sprinkle with cheese. Whisk the eggs, milk, mustard and pepper in a large jug. Evenly pour egg mixture over vegetables. Bake for 30 minutes or until top is light golden brown and set. Set aside for 10 minutes before serving quiche with the salad leaves drizzled in balsamic glaze or lemon juice. ■

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BRETT STEVENS
STYLING KRISTEN WILSON **FOOD PREPARATION** TINA MCLEISH

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 1980kJ, **protein** 37g, **total fat** 20.9g (sat. fat 6.2g), **carbs** 29g, **fibre** 8g, **sodium** 340mg
- **Carb exchanges** 2
- **GI estimate** medium
- **Gluten-free option**

GFO

ASPARAGUS, LAMB AND WATERCRESS SALAD

Transport your tastebuds to the beaches of Santorini with this fresh plate.

see recipe, page 54 >>

Cooking for one

These quick, fuss-free delicious meals are ready in 20 minutes

LC GFO

MISO, MUSHROOM AND CHICKEN SOUP

Treat yourself tonight with this warming meal that's simply un-bowl-ievable!

see recipe, page 54 >>

NUTRITION INFO

PER SERVE 1300kJ, **protein** 31g, **total fat** 7.6g (sat. fat 1.5g), **carbs** 25g, **fibre** 5g, **sodium** 453mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GOOD FOR YOU

Using low-fat Greek yoghurt in place of sour cream cuts out 7g of fat and 200kJ per serve (1 Tbsp), without losing that creamy taste.

NUTRITION INFO
PER SERVE 1490kJ, **protein** 20g, **total fat** 10.2g (sat. fat 2.9g), **carbs** 41g, **fibre** 9g, **sodium** 766mg
- **Carb exchanges** 2½
- **GI estimate** low

BEAN AND CHEESE STUFFED POTATO
Comfort food has never been quicker. Get this tater on your plate.
see recipe, page 55 >>

NUTRITION INFO
PER SERVE 1790kJ, **protein** 15g, **total fat** 19.1g (sat. fat 3g), **carbs** 44g, **fibre** 9g, **sodium** 584mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

With these recipes, one is the tastiest number!

GFO

AVOCADO VEGIE BURGER

Skip the local takeaway joint and whip up this healthy alternative.

see recipe, page 55 >>

ASPARAGUS, LAMB AND WATERCRESS SALAD

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

100g lamb steak, trimmed of fat
1 zucchini, thinly sliced lengthways
1 bunch asparagus, woody ends trimmed
Olive oil cooking spray
2 Tbsp wholemeal couscous or gluten-free couscous
3 Tbsp boiling water
1 cup watercress leaves
6 kalamata olives, with pits
50g fresh ricotta
½ tsp balsamic glaze

1 Preheat a chargrill or barbecue grill on medium-high. Spray lamb, zucchini and asparagus with cooking spray. Add lamb to grill and cook for 1½-2 minutes each side for medium, or until cooked to your liking. Transfer to a plate, cover with foil and set aside.
2 Add zucchini and asparagus to the grill and cook, turning once, for 3-4 minutes or until tender. Transfer asparagus to a chopping board, diagonally slice and place in a medium bowl with the zucchini.
3 Meanwhile, put the couscous in a small heatproof bowl. Pour over the boiling water. Cover with a plate and set aside for 4-5 minutes, or until the liquid is absorbed. Use a fork to lightly fluff up the grains.
4 Add couscous, watercress and olives to the vegetables and toss to combine. Slice lamb. To serve, arrange lamb on top of the salad, spoon over the ricotta and drizzle with the balsamic glaze.

COOK'S TIPS

Try replacing the lamb with beef or chicken breast fillet. The zucchini can be replaced with 1 small red capsicum, if you like.

MISO, MUSHROOM AND CHICKEN SOUP

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A LIGHT MEAL)

1 tsp olive oil
125g button mushrooms, thinly sliced
50g kale, inner core removed, shredded
2cm piece ginger, peeled, finely grated
1 garlic clove, crushed
1 tsp white miso paste
½ tsp salt-reduced soy sauce or gluten-free soy sauce
250ml (1 cup) boiling water
½ x 62.5g portion Chang's Long Life Noodles or gluten-free noodles

100g skinless chicken breast fillet, fat trimmed, thinly sliced
1 green shallot, diagonally thinly sliced

1 Heat the oil in a medium saucepan on medium-high. Add mushrooms, kale, ginger and garlic. Cook, stirring often, for 2-3 minutes or until the mushrooms and kale soften. Stir in miso paste, soy sauce and water, then bring to a simmer. Cover and simmer for 2 minutes.
2 Meanwhile, cook noodles in a small saucepan of boiling water following packet directions. Drain well and transfer to a serving bowl.
3 Add chicken to the soup. Remove from heat, cover and set aside for 2 minutes or until chicken is cooked through. To serve, ladle soup over noodles and top with sliced shallot.

COOK'S TIPS

Try replacing the chicken with boneless white fish fillets and the kale with 1½ cups baby spinach.

BEAN AND CHEESE STUFFED POTATO

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

1 x 250g Carisma potato, scrubbed
1 tsp olive oil
1 rasher Hans 98% Fat Free Short Cut Bacon, finely chopped
3 green shallots, sliced
½ x 400g can butter beans, rinsed and drained
3 Tbsp Val Verde Passata
2 Tbsp water
1 tsp Worcestershire sauce
1 Tbsp reduced-fat grated cheddar
1 Tbsp reduced-fat Greek-style natural yoghurt, whisked until smooth
Freshly ground black pepper
1 cup salad (such as lettuce, cucumber and tomato), to serve

1 Using a fork, prick the potato all over. Place on top of a piece of paper towel in the microwave. Cook on High/100% for 5-6 minutes or until just tender. Wrap in foil to keep warm and set aside.
2 Meanwhile, heat the oil in a small saucepan over medium-high. Add bacon and two thirds of the shallots. Cook, stirring, for 2-3 minutes or until bacon is light golden brown.
3 Add the beans, passata, water and Worcestershire sauce to the pan. Cook, stirring occasionally, for 2 minutes. Remove foil from potato and place on a serving plate. Cut a cross into the top and spoon bean mixture inside.
4 Sprinkle cheese over the top and place in the microwave on High/100% for 30 seconds. Top with yoghurt, pepper and remaining green shallots. Serve potato with salad on the side.

AVOCADO VEGIE BURGER

PREPARATION TIME: 5 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

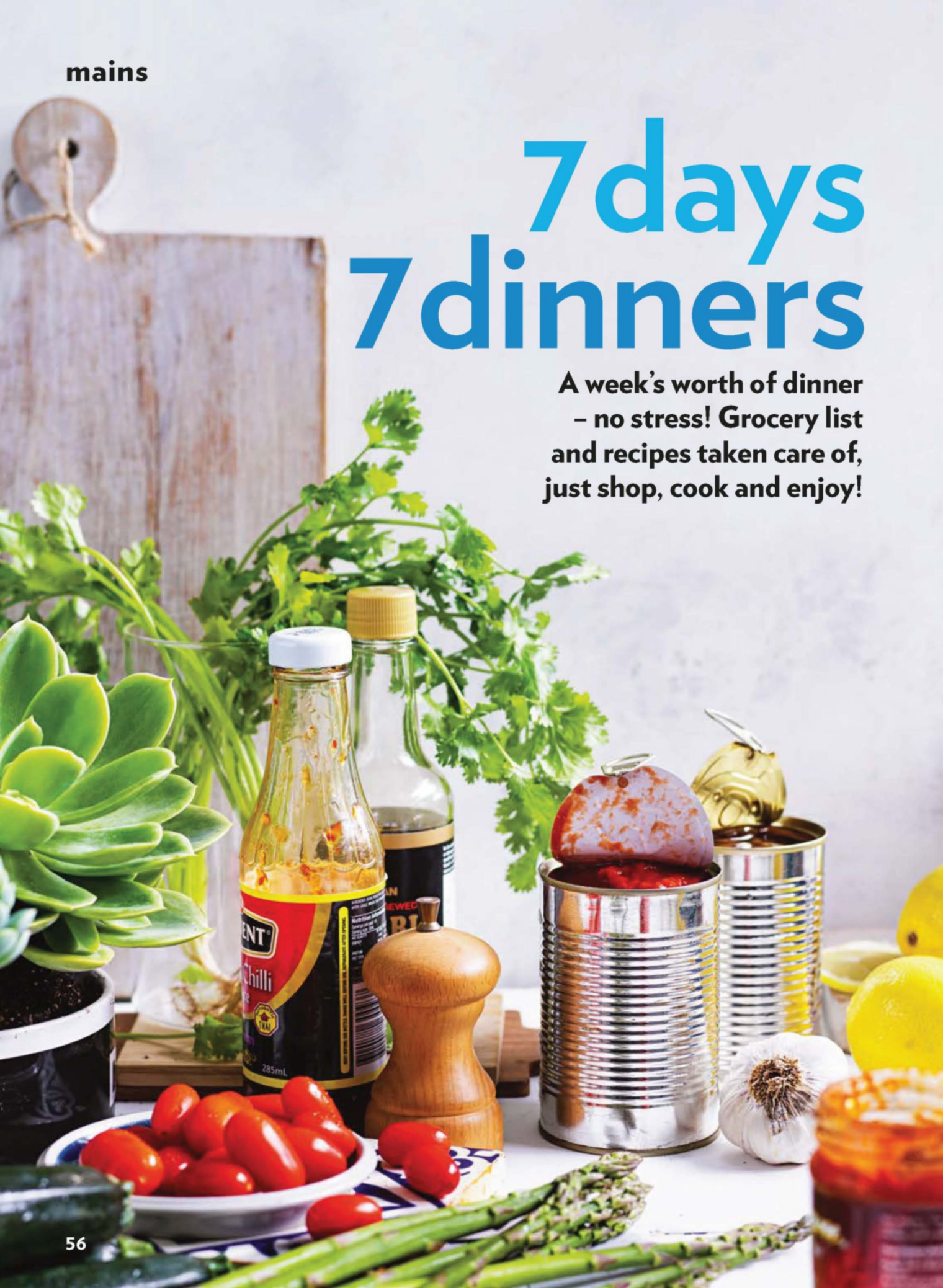
1 tsp olive oil
1 Syndian Vegie & Lentil Burger, frozen
60g wholemeal grain roll or gluten-free roll, cut in half horizontally
1 Tbsp low-fat hummus
½ cup mixed salad leaves
¼ small avocado, sliced
3 slices tomato
1 tsp sweet chilli sauce or gluten-free sweet chilli sauce

1 Heat oil in a small non-stick frying pan over medium. Add the burger and cook for 3-4 minutes each side or until golden and heated through.
2 Top base of the roll with hummus and salad leaves. Add the avocado, burger and tomato. Drizzle with sweet chilli sauce, cover with the top of the roll and serve. ■

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BRETT STEVENS **STYLING** VANESSA AUSTIN **FOOD PREPARATION** PETA DENT

7 days 7 dinners

A week's worth of dinner – no stress! Grocery list and recipes taken care of, just shop, cook and enjoy!



MONDAY

GINGER BEEF AND NOODLE STIR-FRY

Zingy, noodley, beefy and delicious. You'll wish it was Monday every day!

see recipe, page 64 >>

GFO

How our food works for you
see page 82

NUTRITION INFO

PER SERVE 2060kJ, **protein** 38g, **total fat** 20.1g (sat. fat 6.6g), **carbs** 33g, **fibre** 13g, **sodium** 596mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

TUESDAY

SPICY SWEET POTATO AND TUNA PATTIES

Who doesn't love tuna patties! Whip these up in just 30 mins.

see recipe, page 64 >>

NUTRITION INFO

Left: **PER SERVE** 1780kJ, **protein** 28g, **total fat** 11.3g (sat. fat 2.2g), **carbs** 47g, **fibre** 11g, **sodium** 693mg • **Carb exchanges** 3 • **GI estimate** low

NUTRITION INFO

Below: **PER SERVE** 1960kJ, **protein** 40g, **total fat** 10.4g (sat. fat 2.3g), **carbs** 47g, **fibre** 11g, **sodium** 433mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LEFTOVERS

GROCERY

Curry paste: Use a teaspoon in fish cakes or add to veg and tofu curry.

Evaporated milk: Great for sauces or finishing off a pumpkin soup.

Noodles: This stir-fry staple works in salads and soups, too.

Polenta: Cooked and fluffed, serve as an alternative to potato or rice.

Risoni: These tiny jewels of pasta add life to salads and all kinds of soup.

FROZEN/CHILLED

Lasagne sheets: Cut into strips, cook and toss with your favourite pasta sauce – or make another lasagne!

Peas: These little pods of protein will add a sweet burst to a garden salad.

WEDNESDAY

PRAWN, LEMON AND BASIL RISONI

Light, fresh and zesty, this'll make hump day a happy day.

see recipe, page 65 >>

GFO

NUTRITION INFO
PER SERVE 2070kJ, **protein** 34g, **total fat** 8.6g (sat. fat 2.8g), **carbs** 63g, **fibre** 12g, **sodium** 423mg
- **Carb exchanges** 4
- **GI estimate** low
- **Gluten-free option**

GFO

THURSDAY

LENTIL LASAGNE

Healthy and substantial … it's lentils a-go-go.

see recipe, page 65 >>

FRIDAY

PARMESAN AND POLENTA CRUSTED CHICKEN

It's fri-yay! Celebrate in style with this super-healthy, pub-like meal.

see recipe, page 65 >>

GFO

NUTRITION INFO

Left: **PER SERVE** 2020kJ, **protein** 40g, **total fat** 13.8g (sat. fat 3.2g), **carbs** 45g, **fibre** 8g, **sodium** 318mg

- **Carb exchanges** 3
- **GI estimate** medium
- **Gluten-free option**

NUTRITION INFO

Below: **PER SERVE** 1790kJ, **protein** 32g, **total fat** 11.2g (sat. fat 2.8g), **carbs** 44g, **fibre** 11g, **sodium** 656mg

- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

SATURDAY

THAI-STYLE CHICKEN MEATBALLS

Mouth. Watering. Goodness. Seriously.

see recipe, page 66 >>

GFO

LEFTOVERS

FRUIT AND VEGETABLES

Bean sprouts: Want some crunch? Toss these into salads or stir-fries.

Celery: Serve as a snack or slice into salads, curries and casseroles.

Chilli: Spice up your stir-fries, salad dressings and plain pasta dishes.

Coriander and parsley: A massive flavour boost with minimal fat and kilojoules! Will turn a salad or curry into a mouthwatering masterpiece.

Ginger: Release the zing by grating into stir-fries and salad dressings.

Green shallots: Sprinkle over salads and soup to perk up the flavour.

Lemon: Squeeze over everything!

Red capsicum: Chopped up strips of goodness – adds vitamin C to any dish.

SUNDAY

MUSSELS IN COCONUT CURRY BROTH

Forget the roast, we've found a new Sunday staple. Yum!

see recipe, page 66 >>

NUTRITION INFO

PER SERVE 1290kJ, **protein** 25g, **total fat** 7.7g (sat. fat 2.2g), **carbs** 30g, **fibre** 9g, **sodium** 738mg

- **Carb exchanges** 2
- **GI estimate** low

The power of dairy

Dairy does a lot more than just strengthen bones, *DL dietitian Shannon Lavery* explains

When dairy is consumed regularly, this nutrient powerhouse provides energy and may even reduce the risk of heart disease, stroke and high blood pressure. It's also low-GI which makes it a great choice for people with diabetes.

With such impressive potential health benefits it's surprising only one in 10 Australians meet the dairy targets set by the Australian Dietary Guidelines. So it's time to take a closer look at how you can add more dairy to your day.

How much is right for you?

The amount of dairy you need depends on your gender and age. Generally, teens should aim for 3.5 serves a day, while adults should have 2.5 serves. However, women post-menopause need to consume as much as four serves of calcium-dense dairy a day. One serve could equal 1 cup of milk, 2 slices of reduced-fat cheddar or ½ cup of ricotta, 100g firm tofu, ½ cup of canned pink salmon with bones, or 100g almonds.

Dairy and carbs

Along with a wealth of nutrients, all dairy, apart from cheese, contains naturally occurring carbs, so choose portions that will help you manage your blood glucose levels. Some products, such as sweetened yoghurt, contain added sugars. These are okay occasionally but, for a daily go-to, stick to products with minimal added sugars.

FUN FACT
A 250ml glass of milk is a fab way to boost your dairy intake in one great-tasting, low-GI snack.

Daily dairy suggestions

Here are simple ways you can meet your dairy requirements (see our meal planner on page 78 for more ideas).

BREAKFAST

- Ricotta on wholegrain toast/crumpet
- Smoothie made with milk and yoghurt

LUNCH

- Cheese or canned salmon in salads/sandwiches
- A salad topped with a creamy dressing made of natural yoghurt, lemon juice and garlic

DINNER

- Use evaporated milk with coconut essence instead of coconut milk (see our recipe for Mussels in Coconut Curry Broth, page 66)
- Firm tofu (which has more calcium than silken tofu) is great in vegie dishes

SNACKS

- Cottage cheese on sliced apple
- Milky decaf coffee (caffeine in regular coffee reduces calcium absorption).

YOUR shopping list

GROCERIES

- ☐ 210g jar Valcom Authentic Thai Red Curry Paste
- ☐ 185g can tuna in springwater
- ☐ 125g can corn kernels
- ☐ 450g pkt polenta
- ☐ 500g pkt dried risoni
- ☐ 375ml can Nestlé Carnation Light & Creamy Coconut Flavoured Evaporated Milk
- ☐ 250g pkt Chang's Long Life Noodles
- ☐ 400g can no-added-salt diced tomatoes
- ☐ 400g can no-added-salt brown lentils
- ☐ 375g pkt Macro Organic Singapore Style Noodles

FRUIT AND VEGETABLES

- ☐ 750g orange sweet potato
- ☐ 2 brown onions
- ☐ 1 small lebanese cucumber
- ☐ 1 bunch coriander
- ☐ 1 bunch flat-leaf parsley
- ☐ 2 cups mixed salad leaves
- ☐ 250g bag bean sprouts
- ☐ 2 lemons
- ☐ 1 small head fennel
- ☐ 4 sticks celery
- ☐ 2 carrots
- ☐ 180g green beans
- ☐ Medium piece fresh ginger
- ☐ 1 small red chilli
- ☐ ½ bunch green shallots
- ☐ 1 bunch asparagus
- ☐ 1 red capsicum
- ☐ 200g punnet grape tomatoes
- ☐ 1 bunch basil
- ☐ 1 leek
- ☐ 2 bunches baby bok choy
- ☐ 200g button mushrooms
- ☐ 1 zucchini

MEAT AND POULTRY

- ☐ 250g skinless chicken breast fillet
- ☐ 250g lean chicken breast mince
- ☐ 250g lean beef rump steak

SEAFOOD

- ☐ 500g green prawns
- ☐ 8 black local mussels

CHILLED

- ☐ 375g pkt Latina Fresh Lasagne Sheets

BAKERY

- ☐ 1 loaf wholemeal grain bread

FREEZER

- ☐ 1kg pkt McCains Healthy Choice Straight Cut Frozen Chips
- ☐ 500g pkt frozen peas

PANTRY

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Olive oil cooking spray
- ☐ 3 x 60g eggs
- ☐ Sweet chilli sauce
- ☐ Wholemeal plain flour
- ☐ Freshly ground black pepper
- ☐ Parmesan (block or shaved and grated)
- ☐ Wholegrain mustard
- ☐ Skim milk
- ☐ 5 garlic cloves
- ☐ Fish sauce
- ☐ Cornflour
- ☐ Reduced-fat grated cheddar
- ☐ Salt-reduced soy sauce
- ☐ Sesame seeds

GINGER BEEF AND NOODLE STIR-FRY

PREPARATION TIME: 10 MINS (+ STANDING)
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

100g Macro Organic Singapore Style Noodles or gluten-free noodles
1 tsp cornflour or gluten-free cornflour
1 Tbsp salt-reduced soy sauce or gluten-free salt-reduced soy sauce
Juice of ½ lemon
2 tsp olive oil
250g lean beef rump steak, fat trimmed, diagonally sliced across the grain
2 celery sticks, trimmed, diagonally sliced
100g green beans, trimmed, diagonally sliced
100g button mushrooms, sliced
4cm piece ginger, peeled, finely grated
2 garlic cloves, crushed
1 bunch baby bok choy, trimmed, chopped
1 Tbsp water
1 cup basil leaves
2 tsp sesame seeds, toasted (see Cook's tip), to serve

1 Put noodles in a heatproof bowl and cover with plenty of boiling water. Cover and set aside for 5 minutes. Drain well, separating noodles and set aside.
2 Meanwhile, combine the cornflour, soy sauce and lemon juice in a jug. Set aside.
3 Heat half the oil in a large non-stick wok over high. Add the beef and stir-fry for 1-2 minutes or until beef is just cooked. Transfer to a bowl.
4 Heat remaining oil in the wok over medium-high. Add celery, beans, mushrooms, ginger and garlic. Stir-fry for 2 minutes. Add bok choy and water. Cover and cook for 1 minute. Toss in noodles and soy mixture to heat through.
5 Return beef to the wok with the basil and toss. Serve stir-fry sprinkled with sesame seeds.

COOK'S TIP

To toast sesame seeds, place in a small non-stick pan and cook, stirring, over medium heat for 2-3 minutes or until lightly golden.

SPICY SWEET POTATO AND TUNA PATTIES

PREPARATION TIME: 15 MINS (+ COOLING)
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

400g orange sweet potato, peeled, chopped
2¼ tsp olive oil
1 brown onion, finely chopped
2 tsp Valcom Authentic Thai Red Curry Paste
185g can tuna in springwater, drained, flaked
125g can corn kernels, rinsed and drained
25g (⅓ cup) fresh breadcrumbs, made from wholemeal grain bread
60g egg, lightly whisked

Salad
1 small lebanese cucumber, peeled into ribbons
½ cup coriander leaves
1 cup bean sprouts
½ small red capsicum, cut into short thin strips
1 Tbsp fresh lemon juice
2 tsp sweet chilli sauce

1 Steam the sweet potato in a steamer basket set over a saucepan of simmering water for 5-6 minutes or until very tender. Transfer to a medium bowl and mash until smooth.
2 Meanwhile, heat ¼ tsp of the oil in a small non-stick frying pan over medium. Add the onion and cook, stirring occasionally, for 4-5 minutes or until softened. Add curry paste and cook, stirring, for 1 minute. Set aside in the pan for 5 minutes to cool slightly.
3 Stir onion mixture, tuna, corn, breadcrumbs and egg into the sweet potato until well combined. Divide mixture into 6 patties. Heat half the remaining oil in a large non-stick frying pan over medium. Cook half the patties for 2-3 minutes each side or until golden brown and heated through. Transfer to a plate and cover loosely with foil. Repeat with remaining oil and patties.
4 To make the salad, combine the cucumber, coriander, bean sprouts and capsicum in a bowl. Whisk the lemon juice and sweet chilli sauce in a small jug and toss into the salad to combine. Serve tuna patties with the salad.

COOK'S TIP

You can replace the canned tuna with the same amount of canned salmon, if you like.

PRAWN, LEMON AND BASIL RISONI

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

100g dried risoni, small pasta or gluten-free pasta
3 tsp extra virgin olive oil
500g green prawns, peeled (tails left on) and deveined
2 garlic cloves, crushed
1 bunch asparagus, woody ends trimmed, diagonally sliced
½ red capsicum, seeded, sliced
80g (½ cup) fresh or frozen peas
200g grape tomatoes, halved
½ bunch basil, leaves picked
Zest and juice of 1 lemon
Freshly ground black pepper
10g parmesan shavings

1 Cook the risoni in a small saucepan of boiling water for 10-12 minutes or until tender.
2 Meanwhile, heat the oil in a medium non-stick frying pan over medium-high. Add prawns, garlic, asparagus, capsicum and peas. Cook, stirring often, for 2 minutes. Add tomatoes and cook, tossing often, for 1 minute or until prawns are just cooked.
3 Drain risoni and return to the pan. Add the prawn mixture, basil, lemon zest and juice, and pepper. Toss to combine and heat through. Serve risoni sprinkled with parmesan.

COOK'S TIP

You can replace the peas with sugar snap peas or shredded snow peas. Also, try replacing the basil with flat-leaf parsley leaves and the parmesan with 50g low-fat ricotta.

LENTIL LASAGNE

PREPARATION TIME: 15 MINS (+ COOLING)
COOKING TIME: 45 MINS
SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
1 brown onion, finely chopped
100g button mushrooms, thinly sliced
1 zucchini, coarsely grated
400g can no-added-salt diced tomatoes
60ml (¼ cup) water
400g can no-added-salt brown lentils, rinsed and drained
2 Tbsp wholemeal plain flour or gluten-free flour
310ml (1¼ cups) skim milk
40g (½ cup) reduced-fat grated cheddar
60g egg, lightly whisked
1½ Latina Fresh Lasagne Sheets, or gluten-free lasagne sheets, cut crossways into 4 pieces

1 Preheat oven to 180°C (fan-forced). Heat the oil in a large saucepan over medium. Add the onion and mushrooms and cook, stirring often, for 6-7 minutes or until vegetables have softened. Add zucchini and cook, stirring, for 1 minute. Add diced tomatoes, water and lentils to the pan. Bring mixture to a simmer, then remove pan from heat and set aside.
2 To make a white sauce, put the flour in a small saucepan and gradually whisk in the milk. Cook, stirring, over medium heat for 5-6 minutes or until mixture thickens and comes to a simmer. Remove from heat and stir in half the cheddar. Set aside for 5 minutes to cool slightly. Whisk in the egg.
3 Divide half of the vegetable mixture between 2 x 500ml (2-cup) ovenproof dishes. Top each with a piece of pasta. Spoon over remaining vegetable mixture and a final sheet of pasta. Spoon over white sauce and sprinkle the top with the remaining cheese. Place both dishes on a baking tray and bake for 25-30 minutes or until pasta is tender when pierced with a knife and the top is light golden brown. Serve.

PARMESAN AND POLENTA CRUSTED CHICKEN

PREPARATION TIME: 15 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

200g McCain Healthy Choice Straight Cut Potato Chips
2 Tbsp polenta
2 Tbsp wholemeal plain flour or gluten-free flour
2 Tbsp finely grated parmesan
60g egg
2 Tbsp skim milk
250g skinless chicken breast fillet, fat trimmed, cut in half horizontally
Olive oil cooking spray
2 lemon wedges, to serve

Fennel and parsley salad

1 small head fennel, trimmed, thinly sliced into rounds
1 celery stick, diagonally thinly sliced
1 cup flat-leaf parsley leaves
1 Tbsp fresh lemon juice
1 tsp extra virgin olive oil
1 tsp wholegrain mustard or gluten-free mustard ➤

1 Preheat oven to 210°C (fan-forced). Line 2 baking trays with baking paper. Spread the chips in a single layer over 1 tray. Bake for 15-20 minutes, or until golden and crisp.
2 Meanwhile, combine the polenta, flour and parmesan in a shallow bowl. Whisk the egg and milk together in another shallow bowl. Place chicken breast pieces between 2 sheets of baking paper and pound with a mallet or rolling pin until thin. Dip chicken in the egg mixture followed by the breadcrumb mixture and transfer to the second baking tray. Spray with oil and add to the oven with the chips for the last 5 minutes of cooking, or until the chicken is cooked through.
3 Meanwhile, to make the fennel and parsley salad, combine the fennel, celery and parsley in a medium bowl. Whisk the lemon juice, oil and mustard in a jug and toss into the salad. Serve the chicken with the chips, salad and lemon wedges on the side.

COOK'S TIP

If you like, replace the chicken with firm white boneless fish and cook it for 8-10 minutes.

THAI-STYLE CHICKEN MEATBALLS

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

350g small orange sweet potato, sliced into rounds
2 cups mixed salad leaves
1 cup bean sprouts
1 carrot, cut into short, thin sticks
80g green beans, trimmed, diagonally sliced
1 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
1 Tbsp fresh lemon or lime juice

Meatballs

250g lean chicken breast mince
2 tsp finely grated ginger
1 garlic clove, crushed
½ small red chilli, seeded (if desired), finely chopped
2 green shallots, trimmed, finely chopped
1 tsp fish sauce
2 Tbsp finely chopped coriander
35g (½ cup) fresh breadcrumbs, made from wholemeal grain bread or gluten-free breadcrumbs
Olive oil cooking spray

1 Preheat oven to 180°C (fan-forced). To make the meatballs, line a baking tray with baking paper. Combine the chicken mince, ginger, garlic, chilli, shallots, fish sauce, coriander and breadcrumbs in a medium bowl. Shape mixture into small balls, using 2 tablespoons of mixture, and place on the prepared tray.
2 Spray meatballs with cooking spray and bake for 10-12 minutes, or until just cooked through.
3 Meanwhile, put the sweet potato in a medium microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on High/100% for 5 minutes or until just tender. Drain and set aside to cool slightly.
4 Combine the salad leaves, bean sprouts, carrot and beans in a medium bowl. Gently toss the cooled sweet potato slices into the salad. Combine the sweet chilli sauce and lemon or lime juice in a small jug. Serve the meatballs with the salad and drizzled with the chilli sauce.

MUSSELS IN COCONUT CURRY BROTH

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
1 leek, trimmed, very thinly sliced
1 celery stick, thinly sliced
1 carrot, cut into short, thin sticks
3 tsp Valcom Authentic Thai Red Curry Paste
160ml (⅔ cup) Nestlé Carnation Light & Creamy Coconut Flavoured Evaporated Milk
1 tsp cornflour
125ml (½ cup) water
8 black local mussels, cleaned
1 bunch baby bok choy, ends trimmed, washed, chopped
½ x 62.5g portion Chang's Long Life Noodles

1 Heat the oil in large non-stick wok over medium. Add the leek, celery and carrot. Cook, stirring occasionally, for 6-7 minutes or until vegetables soften. Add curry paste. Cook, stirring, for 1 minute.
2 Mix evaporated milk with the cornflour in a jug. Pour into wok with the water and bring to a simmer. Add mussels, cover and cook for 6-7 minutes, adding bok choy for last 2 minutes of cooking.
3 Meanwhile, cook the noodles following packet directions, or until tender. Drain well. Dish noodles and top with vegetables and mussels. Pour the broth over the top and serve.

COOK'S TIP

You can replace the baby bok choy with ½ bunch shredded English spinach, if you desire. ■

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNELY
STYLING VANESSA AUSTIN **FOOD PREPARATION** PETA DENT

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COOKING SCHOOL

A Perfect Go-To Sauce

Many store-bought tomato sauces have heaps of added sugar to tame the natural acidity of tomatoes. Plus, they're usually loaded with sodium. But if you can turn on an oven, you can make a healthy sauce from scratch. And one that tastes really good, too!

PICK YOUR TOMATO

Any type will work. Romas are our favourite: their mild-sweet flavour is consistent from season to season.

FREEZE YOUR ASSETS

You can freeze any leftover sauce in freezer-proof containers, leaving 2.5cm of room at the top. Freeze for up to three months. To serve, thaw overnight in the fridge, then reheat over medium-low.

RECIPES COLLEEN WEEDEN, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BLAINE MOATS **STYLING** JENNIFER PETERSON

What you'll need

KITCHEN TOOLS

- Chef's knife
- Chopping board
- Bowl
- 2 large baking trays
- Aluminium foil
- Tongs
- Large saucepan
- Wooden spoon
- Stick blender or blender
- Measuring spoons
- Small ladle

GROCERY LIST

- 2kg tomatoes
- 1 red capsicum
- Cooking spray
- 1 Tbsp olive oil
- 2 red onions
- 4 cloves garlic
- 1 Tbsp white balsamic vinegar
- Black pepper
- Fresh basil, flat-leaf parsley and/or oregano

PREPARATION TIME: 15 MINS
COOKING TIME: 50 MINS
MAKES 1.2L SAUCE

Step 1

STEM THE TOMATOES

Wash and dry the tomatoes. Hold tomato firmly and, using a small, sharp knife, remove stem by slicing and rotating the knife in a circular motion. You don't have to cut very deep to remove it. Discard stems.

Step 2

SEED THE TOMATOES

Cut each tomato in half through the middle. Squeeze halves over a bowl. The seeds and excess juice will pop right out. Discard seeds and liquid.

Step 3

ROAST THE TOMATOES AND CAPSICUM

Preheat oven to 210°C (fan-forced). Place tomatoes on a large baking tray lined with baking paper. Cut capsicum in half and remove seeds. Flatten each half and place on a separate tray lined with baking paper. Spray with cooking spray. Cook in preheated oven for 10-15 minutes or until the tomato skin splits. Remove tomatoes from the oven and continue to cook capsicum for a further 5-10 minutes or until charred. Wrap capsicum in foil and set aside for 20 minutes to loosen the skin. Then use tongs or your fingers to peel tomatoes and capsicum. For the best sauce texture, you must remove skins.

Step 4

COOK THE AROMATICS

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook for 7-8 minutes or until onion softens. Add peeled tomatoes and capsicum, vinegar and pepper. Cover and bring to the boil. Reduce heat to medium and simmer, partially covered, for 20-30 minutes or until the tomatoes have broken down and are very soft.

Step 5

BLEND IT UP

Let the sauce cool slightly, then blend until smooth. Finely chop the fresh herbs and stir into the sauce. Voila! Ready to pour.

NUTRITION INFO

SAUCE

Serves 4

PER SERVE 604kJ, **protein** 6g, **total fat** 5.4g (sat. fat 0.7g), **carbs** 14g, **fibre** 7g, **sodium** 34mg • **Carb exchanges** 1 • **GI estimate** low

WITH PASTA

Serves 4

Cook 350g dry Vetta Smart Pasta High Protein Low Carb Penne, divide evenly.

PER SERVE 1860kJ, **protein** 27g, **total fat** 7.3g (sat. fat 1g), **carbs** 58g, **fibre** 16g, **sodium** 65mg • **Carb exchanges** 4 • **GI estimate** low ■

COOK'S TIP

If you prefer a meat sauce, stir in one of the following:

- 3 cups shredded cooked chicken breast
- 350g pre-cooked lean pork mince, turkey mince or extra-lean beef mince.

Meat sauce serves six with 350g dried pasta.

Italian classic

This vegie-packed lasagne is bound to become a family fave

BEEF, PUMPKIN AND SPINACH LASAGNE GFO

PREPARATION TIME: 20 MINS
COOKING TIME: 1 HR 40 MINS
SERVES 6 (AS A MAIN)

600g butternut pumpkin, peeled and seeded, sliced
4 Latina Fresh Lasagne Sheets or gluten-free lasagne sheets
65g (2½ cups) baby spinach leaves
3 Tbsp wholemeal plain flour or gluten-free flour
500ml (2 cups) light milk
120g (1 cup) grated reduced-fat cheddar
Basil sprigs (optional), to serve

Meat sauce

2 tsp extra virgin olive oil
1 brown onion, finely chopped
1 large zucchini, coarsely grated
1 large carrot, coarsely grated
2 garlic cloves, crushed
500g extra lean beef mince
125ml (½ cup) red wine
700g jar Mutti Passata
700ml water (using passata jar)
2 rosemary stalks

1 **To make the meat sauce,** heat the oil in a large heavy-based saucepan over medium. Add onion, zucchini, carrot and garlic. Cook, stirring occasionally, for 8-10 minutes or until vegetables start to soften. Increase heat to high and add mince. Cook, stirring, for 3-4 minutes or until mince changes colour. Add the wine and simmer for 2 minutes.

2 **Add passata** to the pan. Fill the jar with water, seal and shake. Add the water and rosemary to the pan. Cover and bring to a simmer. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, for 45-60 minutes or until mixture is reduced and slightly thickened. Discard rosemary stalks.

3 **Meanwhile,** cook the pumpkin in a steamer basket set over a saucepan of simmering water on medium-high for 8-10 minutes or until just tender. Set aside.

4 **Preheat oven** to 180°C (fan-forced). Evenly divide about half of the meat sauce between 6 x 375ml (1½-cup) ovenproof dishes. Top with pumpkin slices. Using half the pasta sheets, cover the pumpkin, trimming to fit. Top with remaining meat sauce followed by spinach leaves and a final layer of pasta.

5 **Put the flour** in a small saucepan. Gradually whisk in the milk until smooth. Cook, stirring, over medium heat for 4-5 minutes or until the sauce thickens and comes to a simmer. Simmer for 1 minute. Remove pan from heat and stir in half the cheese.

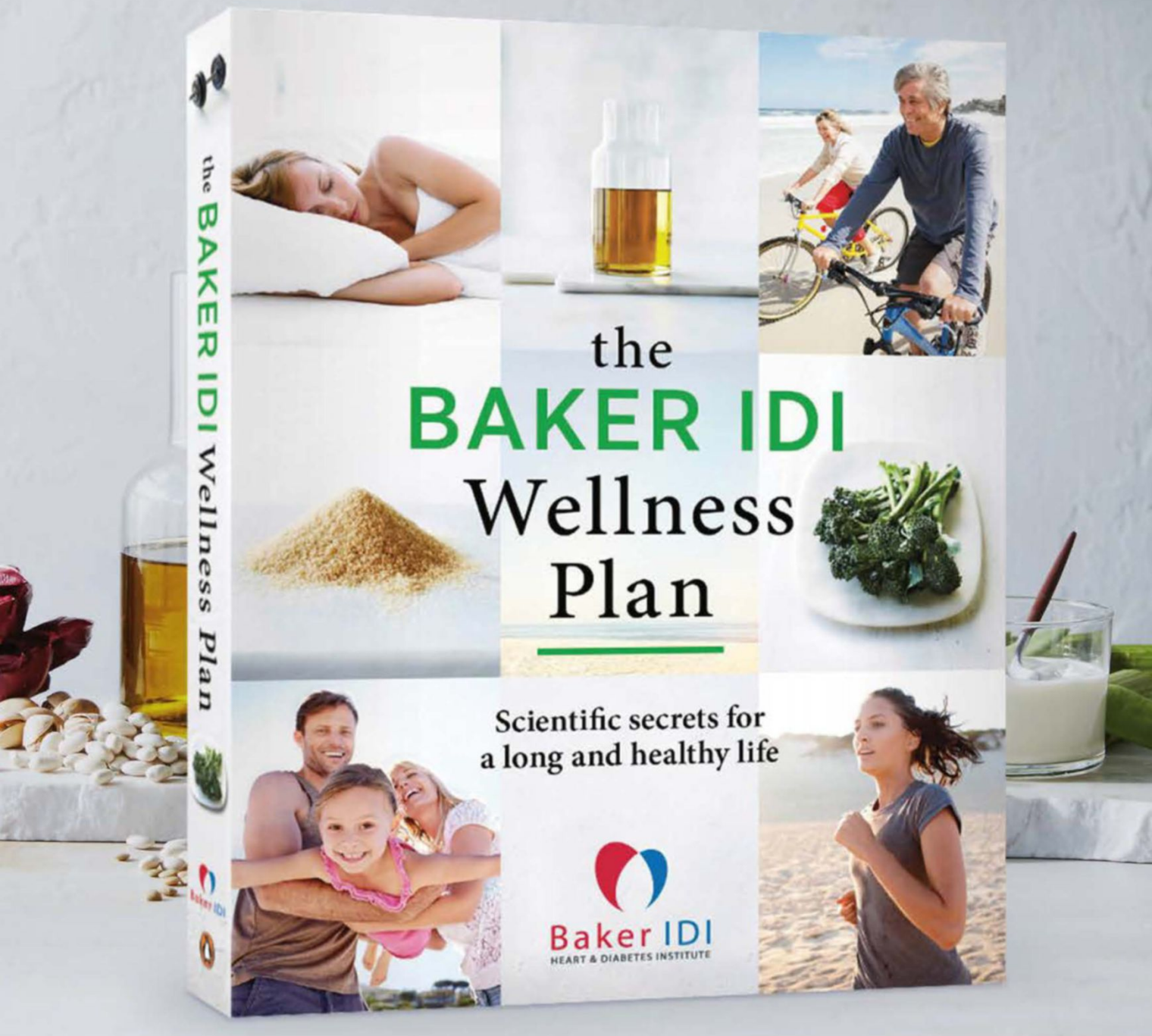
6 **Spoon cheese sauce** evenly over pasta and spread to cover. Sprinkle with remaining cheese. Place dishes on 2 baking trays and bake for 30-40 minutes or until pasta is tender and tops are golden. Top with basil, if you like. Serve.

NUTRITION INFO

PER SERVE 1930kJ, **protein** 37g, **total fat** 14.7g (sat. fat 5.9g) **carbs** 41g, **fibre** 9g, **sodium** 561mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option** ■

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BRETT STEVENS
STYLING YAEL GRINHAM **FOOD PREPARATION** PETA DENT

Boost your wellbeing.



Penguin
Random House
Australia

IN SEASON

Rhubarb

Rediscover this pretty in pink delight – its tangy taste is delish in pies, crumbles and even on toast!

Rhubarb is botanically a vegetable but tends to be eaten like a fruit. Available all year round, it's a baker's delight. With its naturally low sugar content, it tastes at its best when cooked and is a pretty delicious accompaniment to sweet dishes. Alone it's quite tart and bitter, so it's normal to add a little sugar when cooking with it.

SELECT

Choose crisp, brightly coloured stalks that don't look wilted. The thinner and younger stalks tend to be less stringy and more tender.

PREPARE

Remove the leaves and discard them – they're poisonous and shouldn't be eaten (though you'd need to eat about five kilos of rhubarb leaves for a lethal dose!). Wash the red coloured stalks and trim any white part of the stems. Chop into pieces (what you are using it for will determine their size).

STORE

Place the stalks (leaves already removed) in a plastic bag and keep in the fridge for up to five days.

NUTRITION

Rhubarb is very low in energy, yet high in fibre and vitamin C. Due to its high content of oxalates, avoid it if you're prone to kidney stones. It's also important not to go overboard with sugar when sweetening rhubarb recipes.

QUICK IDEAS

There are so many ways to use and incorporate rhubarb into your food. It's delicious simply stewed with apple (see our recipe, opposite) and served with a dollop of low-fat yoghurt and a little low-fat muesli.

You could lightly sprinkle it with sugar, orange zest and juice and roast until soft and tender, then serve with a scoop of low-fat ice cream or yoghurt.

Rhubarb can also be cut up and incorporated into your favourite basic cake recipe, or stewed with apple and spices and made into a delicious savoury chutney.

How our food works for you see page 82

NUTRITION INFO

PER SERVE (with sugar) 1080kJ, **protein** 11g, **total fat** 5.3g (sat. fat 1.4g), **carbs** 38g, **fibre** 4g, **sodium** 291mg
- **Carb exchanges** 2½
- **GI estimate** low

PER SERVE (with sugar substitute) 946kJ, **protein** 11g, **total fat** 5.3g (sat. fat 1.4g), **carbs** 30g, **fibre** 4g, **sodium** 291mg
- **Carb exchanges** 2
- **GI estimate** low

STEWED RHUBARB WITH FRENCH TOAST

PREPARATION TIME: 10 MINS (+ STANDING)
COOKING TIME: 25 MINS
SERVES 4 (AS A BREAKFAST)

2 x 60g eggs, lightly whisked
125ml (½ cup) buttermilk
Pinch ground cinnamon
20g light margarine
8 x 0.5cm thick (160g) slices sourdough bread
80g (⅓ cup) diet vanilla yoghurt

Stewed rhubarb

250g (½ bunch) rhubarb, trimmed, washed, cut into 2cm pieces
2 small apples, peeled, sliced
1 cinnamon stick, broken in half
2 Tbsp caster sugar or granulated sugar substitute
2 Tbsp water

1 To make the stewed rhubarb, put rhubarb, apples, cinnamon, sugar and water in a medium saucepan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, for 7-8 minutes or until rhubarb softens. Set aside, covered, for 5 minutes. Transfer to a bowl. Discard cinnamon.

2 Whisk the eggs, buttermilk and cinnamon in a shallow dish.

3 Heat half the margarine in a large non-stick frying pan over medium-high. Dip half of the bread in the egg mixture, allowing any excess to drip back into the dish. Add the bread to the pan and reduce heat to medium. Cook for 2 minutes each side or until light golden brown. Place bread on a plate and cover loosely with foil to keep warm. Repeat with remaining margarine, bread and egg mixture.

4 Place 2 pieces of bread on each serving plate. Top with the rhubarb mixture and a dollop of yoghurt. Serve. ■

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** ANDY LEWIS **STYLING** JENN TOLHURST **FOOD PREPARATION** WENDY QUISUMBING

GFO

ORANGE AND STRAWBERRY MINI PAVLOVAS
Yes, you can enjoy pavlova guilt free!
see recipe, page 76 >>

PEACH CLAFOUTI
A French type of flan, this dish is warm and satisfying.
see recipe, page 76 >>

BANANA AND HONEY TARTS
Nutty and sweet, these beauties are hard to beat!
see recipe, page 76 >>

Short 'n' sweet

Fresh fruit desserts that celebrate the change of season

How our food works for you
see page 82

MANDARIN, STRAWBERRY AND RICOTTA PARFAIT
Spoonfuls of sweet and creamy to dig into.
see recipe, page 77 >>

GFO

MACERATED TROPICAL FRUIT
All the makings of a dreamy island holiday...
see recipe, page 77 >>

ORANGE AND STRAWBERRY MINI PAVLOVAS

PREPARATION TIME: 10 MINS
SERVES 2 (AS A DESSERT)

2 meringue nests (10g each) or gluten-free meringue nests
4 Tbsp Jalna Greek Yoghurt
2 tsp icing sugar, or gluten-free icing sugar, sifted or granulated sugar substitute
1 small orange, skin and pith removed, segmented
4 small strawberries, sliced
Small mint leaves, to serve

1 **Place meringue nests** on small serving plates. Whisk the yoghurt and icing sugar together until smooth. Spread over the meringue nests.
2 **Top nests** with the orange segments and strawberry slices. Top with a few small mint leaves and serve.

COOK'S TIP

You can always replace the orange with blood orange or mandarin.

NUTRITION INFO

PER SERVE (with sugar) 563kJ, **protein** 3g, **total fat** 4.5g (sat. fat 2.7g), **carbs** 20g, **fibre** 2g, **sodium** 43mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**

PER SERVE (with granulated sugar substitute) 527kJ, **protein** 3g, **total fat** 4.5g (sat. fat 2.7g), **carbs** 17g, **fibre** 2g, **sodium** 43mg • **Carb exchange** 1 • **GI estimate** medium • **Gluten-free option**

PEACH CLAFOUTI

PREPARATION TIME: 5 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

Cooking spray
120g (½ cup) drained peach slices in natural juice
2 Tbsp extra light sour cream
60ml (¼ cup) light milk
1½ Tbsp wholemeal self-raising flour
1 Tbsp caster sugar or granulated sugar substitute
60g egg
½ tsp vanilla extract
Icing sugar (optional), to dust

1 **Preheat oven** to 180°C (fan-forced). Spray 2 x 125ml shallow ovenproof dishes with cooking spray. Evenly arrange peach slices over base of the dishes.
2 **Whisk sour cream,** milk, flour, sugar, egg and vanilla in a jug and pour mixture over peach slices.
3 **Bake for 15-18 minutes** or until the tops are light golden brown and set. Dust with icing sugar, if you like, and serve warm.

NUTRITION INFO

PER SERVE (with sugar) 825kJ, **protein** 7g, **total fat** 8.2g (sat. fat 3g), **carbs** 22g, **fibre** 2g, **sodium** 131mg • **Carb exchanges** 1½ • **GI estimate** medium

PER SERVE (with sugar substitute) 707kJ, **protein** 7g, **total fat** 8.2g (sat. fat 3g), **carbs** 15g, **fibre** 2g, **sodium** 133mg • **Carb exchanges** 1 • **GI estimate** medium

BANANA AND HONEY TARTS

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 4 (AS A DESSERT)

1 sheet Pampas Light Puff Pastry, thawed
1 Tbsp light cream cheese
1 banana, sliced into rounds
1½ tsp honey
2 tsp flaked almonds
Pinch ground cinnamon

1 **Preheat oven** to 220°C (fan-forced). Line a baking tray with baking paper. Using a 10cm fluted cutter, cut 4 rounds out of the pastry and arrange over the baking paper. Discard the remaining pastry.
2 **Evenly spread cream cheese** over each pastry round, leaving a 1cm border. Top cream cheese with sliced bananas. Drizzle or brush over 1 teaspoon of the honey and sprinkle over the almonds. Bake for 15 minutes or until pastry is golden brown.
3 **Serve warm,** drizzled with remaining honey and sprinkled with cinnamon.

NUTRITION INFO

PER SERVE 498kJ, **protein** 3g, **total fat** 4.6g (sat. fat 2g), **carbs** 16g, **fibre** 2g, **sodium** 84mg • **Carb exchange** 1 • **GI estimate** low

COOK'S TIP

You can replace the banana with thinly sliced pear (peeled and core removed) or hulled and sliced strawberries.

MANDARIN, STRAWBERRY AND RICOTTA PARFAIT

PREPARATION TIME: 10 MINS (+ STANDING)
SERVES 2 (AS A DESSERT)

4 Tbsp Pantalica Smooth Light Ricotta
2 tsp icing sugar, sifted, or granulated sugar substitute
¼ tsp vanilla extract
1 seedless mandarin, peeled, segmented, segments halved lengthways (see photo)
125g strawberries, hulled, thickly sliced into rounds
2 sponge finger biscuits (Savoiardi), cut into pieces

1 **Whisk the ricotta,** icing sugar and vanilla in a small bowl until mixture is smooth.
2 **Divide half the fruit** between 2 small serving glasses or bowls. Evenly top with sponge finger biscuits then the ricotta mixture.
3 **Top with remaining fruit.** Set aside for 15 minutes before serving to allow the flavours to develop, or serve straightaway.

NUTRITION INFO

PER SERVE (with icing sugar) 468kJ, **protein** 5g, **total fat** 2.1g (sat. fat 1.1g), **carbs** 17g, **fibre** 2g, **sodium** 57mg • **Carb exchange** 1 • **GI estimate** medium

PER SERVE (with sugar substitute) 432kJ, **protein** 5g, **total fat** 2.1g (sat. fat 1.1g), **carbs** 15g, **fibre** 2g, **sodium** 58mg • **Carb exchanges** 1 • **GI estimate** medium

MACERATED TROPICAL FRUIT

PREPARATION TIME: 10 MINS (+ MACERATING)
SERVES 2 (AS A DESSERT)

300g rockmelon flesh, chopped
170g pineapple flesh, chopped
2 Tbsp finely shredded mint
1 Tbsp Cointreau
1 Tbsp granulated sugar substitute
Zest of ½ small orange
30g (2 small) scoops lemon sorbet or gluten-free sorbet, to serve

1 **Put rockmelon,** pineapple, mint, Cointreau, sugar substitute and orange zest in a bowl. Toss to combine. Cover and set aside for 30 minutes to macerate.
2 **Divide fruit mixture** and juices between 2 small serving bowls. Add a scoop of lemon sorbet to each. Serve immediately.

NUTRITION INFO

PER SERVE 592kJ, **protein** 2g, **total fat** 0.4g (sat. fat 0g), **carbs** 26g, **fibre** 4g, **sodium** 27mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** ■

Find sweet satisfaction for sugary cravings the healthy way

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNELY
STYLING VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Stewed rhubarb with French toast (page 73)	2 slices grain toast with 4 Tbsp low-fat ricotta, 5 cherry tomatoes and 1 mandarin	2 slices sourdough with ½ cup salt-reduced baked beans and a small skim latte	¾ cup Kellogg's Guardian with 1 cup skim milk and 1 banana, sliced
Optional snack	170g Chobani fat-free yoghurt	1 piece of fruit	Spiced nuts (page 39)	Tropical fruit frappé (page 81)
Lunch	Roasted baby carrot, chicken and macadamia salad (page 48)	Goodness Superfoods wrap filled with 95g tuna and 1 cup salad. 175g tub Yoplait Formé yoghurt	Cucumber, broccolini and beef rice salad (page 46). 1 piece of fruit	Miso, mushroom and chicken soup (page 54)
Optional snack	Tropical fruit frappé (page 81)	Asparagus with dip and crackers (page 81)	2 Arnott's Vita-Weat biscuits with 1 slice reduced-fat cheddar	2 kiwifruit and 175g tub Yoplait Formé yoghurt
Dinner	Mussels in coconut curry broth (page 66) ***Pictured above***	Lentil lasagne (page 65) ***Pictured above***	Thai-style chicken meatballs (page 66) ***Pictured above***	Spicy sweet potato and tuna patties (page 64) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Check out our range of delicious desserts to top off your meal (page 74) ›››			
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY, DIETITIAN PHOTOGRAPHY ISTOCK PHOTO, GETTY IMAGES

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels		
2 wholemeal crumpets with 2 tsp no-added-salt or sugar peanut butter and 1 small banana, sliced	1 cup warm berries with ¾ cup Chobani fat-free yoghurt and ¼ cup natural muesli	1 slice sourdough toast with 60g low-fat ricotta, 1 large mushroom, grilled, 1 poached egg and 1 apple
1 cup skim milk mixed with 2 tsp Nestlé Milo	2 Multigrain Corn Thins with 2 slices reduced-fat cheddar	1 small skim latte and 100g strawberries
2 slices grain bread with 1 Tbsp hummus, 1 cup salad, 2 slices beetroot and 1 slice reduced-fat cheddar	1 cup salad mixed with 95g can four bean mix (drained) and 100g low-fat cottage cheese	Blackened salmon with asparagus and cabbage salad (page 46) and 175g tub Yoplait Formé yoghurt
Spiced nuts (page 39)	1 piece of fruit	Sweet potato and avocado toast (page 81)
Ginger beef and noodle stir-fry (page 64) ***Pictured above***	Prawn, lemon and basil risoni (page 65) ***Pictured above***	Parmesan and polenta crusted chicken (page 65) ***Pictured above***
have a couple of alcohol-free days a week		
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

5 steps to an awesome salad

It's time to spring clean your fridge to make way for fresh produce. Less than seven per cent of Australians eat the recommended five serves of vegies a day, but if we all get creative with salads we can change that statistic. Vegies are nutrient powerhouses and most are low in carbohydrates, so won't have too much of an effect on your blood glucose levels (BGLs). Make your salad great with these top tips…

1 Use non-starchy vegetables as your base. This could be as basic as leafy greens or as deluxe as white asparagus or snake beans.

2 Include low-GI carbs to manage your energy and BGLs. Try sweet potato, quinoa, or add a pop of sweetness with some low-GI mango.

3 Choose good quality protein such as egg, chicken breast, tuna or nuts. This will help with satiety and is important for growth and repair of body cells.

4 Avoid unnecessary kilojoules and saturated fat in your salad dressing. Choose simple vinaigrettes made from olive or avocado oil, which will help you absorb nutrients.

5 Mix it up with different flavours and textures. Think grated carrot, sesame seeds and sauerkraut. ■

Food bites

All the tips, tricks and inside knowledge for healthy cooking, brought to you by our food editor, *Alison Roberts*

WASTE NOT, WANT NOT!

If you're like me and baking is something you love to do, then pick up a Wiltshire Silicone Baking Mat. It saves all that benchtop mess when rolling out dough or kneading bread, but also doubles as a non-stick liner for your baking trays (fits a large rectangular baking tray) helping to avoid wastage of baking paper. Simply hand wash after use, roll up and allow to dry. Wiltshire also has a brilliant range of non-stick bakeware (including muffin holes and a range of cake pans). Available from Big W and Spotlight. RRP $12.

> **You could probably get through life without knowing how to roast a chicken, but the question is, would you want too!**
>
> - Nigella Lawson, celebrity domestic goddess

SUPERMARKET CRUSH

Right start

Find it hard to get yourself organised for breakfast before you run out the door? Then Pitango's breakfast range is just for you! Their range of ready-to-eat organic porridge comes in three delicious flavours, ranging from three berry to apple and sultana and golden honey. You can eat them as they are or heat in the microwave and serve warm.

Available in the chiller section of Coles, Foodland, Drakes and IGA stores nationally. They have a 28-day shelf life and RRP is $3.99 for a 250g tub.

KITCHEN TIP

Prep now, snack later!

Coming into spring there are a lot of vegies around that make a quick and healthy snack. I like to cut up vegies and have them in an airtight container in the fridge for the family to snack on when they're feeling peckish but it's too close to lunch or dinner to have something more substantial.

If you don't like yours raw, simply bring a pot of water to the boil. Add your prepared veg (try carrots, sugar snap peas, snow peas, asparagus, zucchini) and cook just until the water returns to the boil. Drain and rinse under cold water until room temp or quickly dip them into a bowl of iced water and drain on a tea towel.

You also then have them on hand if you are after a healthy and low-carb alternative to serve with your dip (I usually have a low-fat hummus and tzatziki in the fridge) for a more substantial snack. I keep enough cut up to last two to three days.

RECIPES ALISON ROBERTS; SHANNON LAVERY **PHOTOGRAPHY** BEN DEARNLEY, GETTY IMAGES **STYLING** VANESSA AUSTIN **FOOD PREPARATION** TINA MCLEISH

60 SECOND

LUNCH IDEA

Toss ½ x 210g tub Sandhurst Quinoa & Co Cooked Quinoa with a 95g can Tassal Roasted Salmon Asian Style Sweet Chilli Sauce, 1 small Lebanese cucumber, chopped, and 20g snow pea sprouts, trimmed, ¼ cup coriander leaves and ¼ chopped or sliced red capsicum. Serves 1.

PER SERVE 1270kJ, **protein** 24g, **total fat** 9.1g (sat. fat 1.1g), **carbs** 28g, **fibre** 6g, **sodium** 919mg
• **Carb exchanges** 2
• **GI estimate** low

QUICK SNACK IDEAS

TROPICAL FRUIT FRAPPE

Place 125g hulled and halved **strawberries**, 1 small **banana**, chopped and 200g piece **pineapple**, peeled and chopped, ¼ cup **mint sprigs**, ½ cup **ice** and 60ml (¼ cup) **water** in a blender. Cover and blend until smooth. Serves 2.

PER SERVE 334kJ, **protein** 2g, **total fat** 0.4g (sat. fat 0g), **carbs** 15g, **fibre** 4g, **sodium** 6mg • **Carb exchange** 1 • **GI estimate** low • **Gluten free**

ASPARAGUS WITH DIP AND CRACKERS

Trim the ends of 1 bunch of **asparagus** and steam until almost tender. Halve diagonally. Serve with 16 **wholegrain crackers** and ⅓ cup **low-fat tzatziki**. Serves 2.

PER SERVE 529kJ, **protein** 5g, **total fat** 3.7g (sat. fat 1.4g), **carbs** 17g, **fibre** 2g, **sodium** 127mg
• **Carb exchange** 1
• **GI estimate** medium

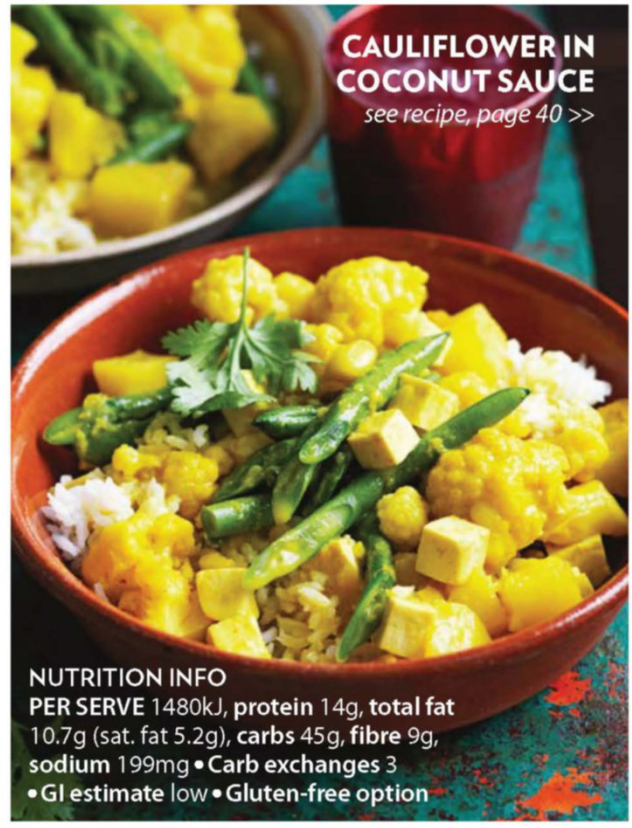
SWEET POTATO AND AVOCADO TOAST

Peel 1 small **sweet potato** and cut into 1cm-thick lengthways slices. Place in microwave-safe dish with 2-3 Tbsp water. Cover; cook on High/100% for 3-4 mins or until just tender (needs to be firm enough to pick up). Cool on serving plate for 10 mins. Top with ¼ mashed **avocado**, 3 Tbsp **low-fat cottage cheese**, a handful of **rocket** and sprinkle of **pepper**. Serves 2.

PER SERVE 545kJ, **protein** 6g, **total fat** 5.2g (sat. fat 1.4g), **carbs** 13g, **fibre** 3g, **sodium** 69mg • **Carb exchange** 1 • **GI estimate** low • **Gluten free** ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet



Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy! ***Shannon Lavery, Dietitian (above left), Alison Roberts, Food Editor (right)***

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use product names so it's easy for you to find nutritionally suitable brands when shopping.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting your carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BEN DEARNLEY

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2300mg	**Sodium** Less than 2300mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

Want more recipes?
Visit the *Diabetic Living* website!
diabeticliving.com.au

If you've been diagnosed with type 1 or type 2 and are keen to live well, go to the *Diabetic Living* website. It has all the information you need to lead a healthy, balanced life, from great food ideas to easy exercise plans and emotional support

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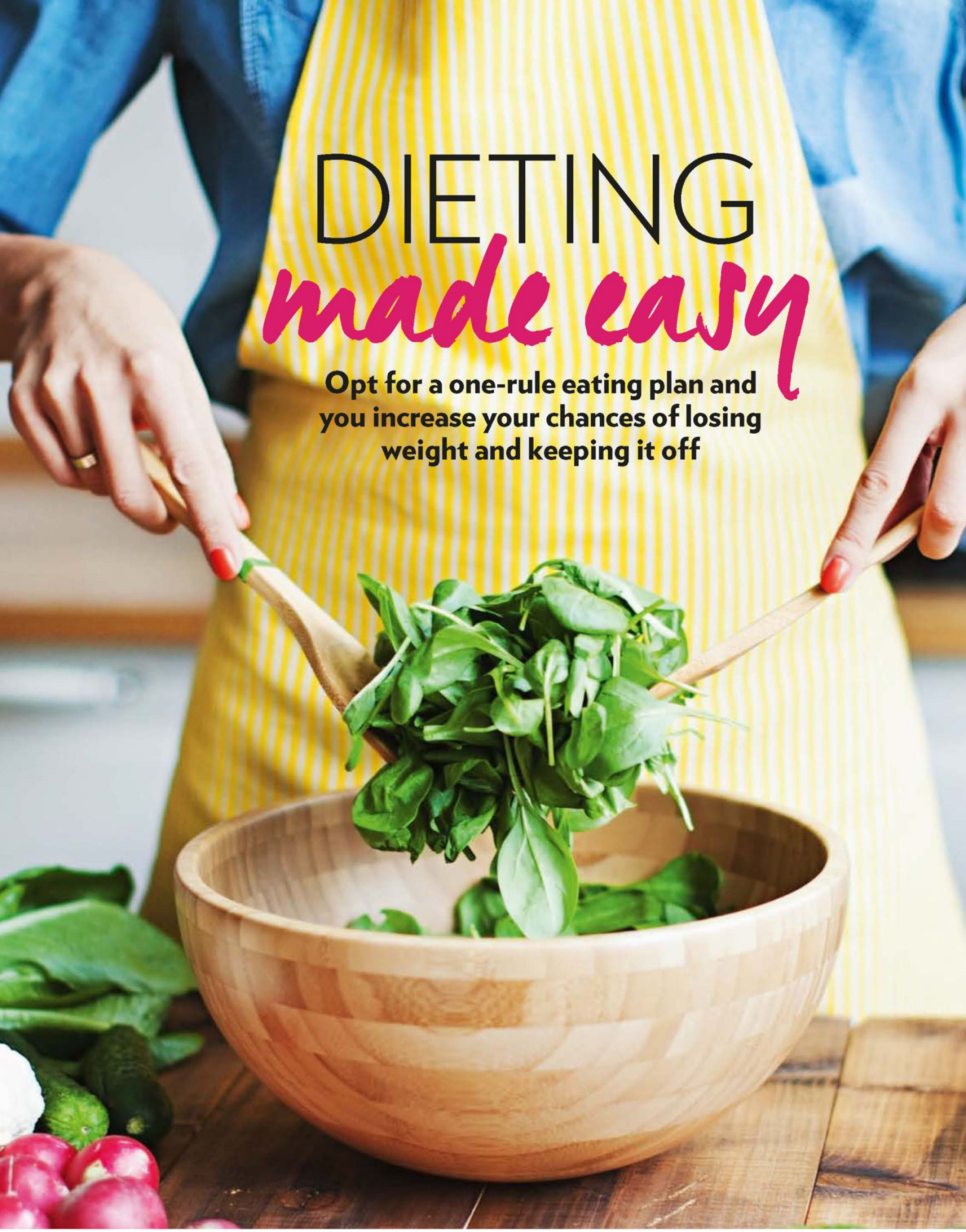
living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

When you feel like quitting, think about why you started

– Anon

PHOTOGRAPHY GETTY IMAGES



DIETING *made easy*

Opt for a one-rule eating plan and you increase your chances of losing weight and keeping it off

Tired of diets that boss you around all day? Telling you to eat fewer carbs, have more protein, slash sugar, cut the takeaway – these rules are all beneficial, but sticking to them can sometimes make you feel overwhelmed and deprived. End result? You throw in the towel.

Time for a new plan of attack. Instead of sticking to a whole lot of rigid eating rules, try one of these part-time diets where all you have to follow is one golden weight-loss rule...

1 PART-TIME FASTING

On five days you eat normally and on two days each week you eat far less (around 2100 kilojoules for women and 2500 kilojoules for men). Originally called the '2-day diet', it was developed at the Genesis Breast Cancer Prevention Centre, in the UK, to help reduce breast cancer risk. Since then the 5:2 fast diet and Intermittent Fasting (IF), has been championed by health guru, Dr Michael Mosley. "Despite the name, IF does not involve complete abstinence from food," says Melanie McGrice, dietitian and spokesperson for the Dietitians Association of Australia. "On the 'fasting' days you eat plenty of low-starch vegetables and low-carbs food, along with a little lean protein."

While crash diets may slow your metabolism, part-time fasting keeps your metabolism guessing. "The fasting days are kept to a short window of time each week or month, so you get all the benefits without any drawbacks of severe and constant kilojoule restriction," says Associate Professor Amanda Salis, senior research fellow from the University of Sydney's Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders. How does IF compare to conventional weight-loss diets? "Both strategies appear to be equal," Salis says. "But there are studies showing that many people find the IF approach easier to stick to because food restrictions are only applied several days a week."

Tailoring this for you

After medical advice, you may choose to:

- Go on a low-kilojoule eating plan across a week on consecutive days or split up. On those days, reduce intake of carbs and eat non-starchy vegetables and good quality protein. "Before trying this it is important to consult a medical professional or dietitian with diabetes experience, about how many kilojoules you should consume on 'fasting days'," says diabetes educator and dietitian, Dr Kate Marsh.

Try a range of other approaches if you are type 2. These include:

- Restricting all eating to a window of 10 hours (eg 8am to 6pm) each day.
- Eating half as much as usual every second day.
- Fasting for 24 hours two times a week (either consecutively or alternately), consuming drinks like broth, but no solid food.

The upside

Research shows that intermittent fasting:

- Leads people to adopt healthier eating on non-fasting days.
- Stabilises blood glucose levels (BGLs) and improves insulin sensitivity, ➤

encouraging stable BGLs, weight loss and healthy weight maintenance.

- Triggers the growth of new insulin-producing pancreatic cells in mice, shows research by the University of Southern California. As a result, late stage type 1 and type 2 diabetes in mice reversed. In the future, this may mean part-time fasting could help people with diabetes gain more control over their insulin production and blood glucose. Research is now underway to see if IF can also help put type 2 diabetes into remission.
- Reduces cholesterol: on the 'fasting' days the body pulls cholesterol from fat cells to use for energy, shows research by Intermountain Medical Center.

Potential pitfalls

When engaged in part-time fasting bear in mind that:

- "Intermittent fasting isn't safe for everyone," says Dr Marsh. "It may require adjustment to medications, including many diabetes medications (particularly insulin and sulphonylureas), blood pressure medications and warfarin, so speak to your doctor before you consider this sort of eating plan." It could also increase risk of hypos in some people with type 1.
- You may have less energy to face the gym or go for a run on days you eat fewer kilojoules.
- Some people find cutting back on kilojoules causes an enormous spike in their hunger and preoccupation with food, which makes the fasting day feel very long.
- Your alertness may drop; if so, schedule fasting days when you are not too busy.

2 GOING FLEXITARIAN

You give meat a miss on two or more days a week. Still love a juicy steak or chicken dish? No problem. Enjoy them on your meat-eating days.

Tailoring this for you

Some people do two consecutive vegie days while others eat vegetarian every second day. Or you could try the approach of Mark Bittman, food writer for *The New York Times* and author of *Vegan Before 6* (Sphere, $29.95). Several years ago, overweight and heading for diabetes and a heart attack, he turned his health around with his flexitarian approach. He now eats fruit, veg, whole grains and no processed foods during the day and only eats meat after 6pm.

The upside

"Flexitarians often exceed the recommended daily intake of five servings of vegetables on their vegie days," says McGrice. "They consume a wider range of vitamins and minerals and eat less saturated fat and more fibre, which helps protect against diseases like cancer and conditions like diabetes. Their high intake of whole grains, nuts and

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES

good oils are also good for healthy cholesterol." This is a win-win for your waist. "Your weight benefits from the lower kilojoule intake on the days you eat a plant-based diet and over the course of the week, that may balance your overall kilojoule intake enough to help prevent weight gain over a year."

In one study comparing diets at the University of South California, people following vegetarian diets lost more weight. At six months, they were still sticking to the diet about 40 per cent of the time and maintaining weight loss or losing more, when the meat eaters were not. Without intending to, they had gone flexitarian!

There are many health benefits:

- For every 200-gram increase in your daily fruit and vegetable intake your risk of disease drops by six per cent, shows research from the Andalusian School of Public Health.
- Eating leafy greens can significantly lower the risk of developing type 2 diabetes, according to a University of Leicester study.
- While two days eating a diet high in meat and dairy foods increases bad belly bacteria, two days of a vegetarian diet boosts the good bacteria again, shows Harvard University research.

> **While crash diets may slow your metabolism, part-time fasting keeps your metabolism guessing**

Potential pitfalls

- Consuming too many high-fat foods. If you drown healthy meals in creamy sauces or cheese you'll only add kilojoules to your veg.
- Eating too much fruit or fruit juice. "A fresh fruit juice contains far more pieces of fruit in a drink than you would ever sit down and eat," says McGrice. "But because the fibre has been removed the juice leaves you less satisfied, even though it has more kilojoules than just snacking on a piece of fruit. As a result, it can quickly raise BGLs."
- Overdoing carbs or bread. "If you're often eating toast with cheese and butter or tomato sauce on a bit of pasta, that's not a healthy vegetarian meal," says McGrice. "So make sure vegetables are the main feature, not an afterthought." ■

Hidden saboteurs

Address these roadblocks to support diet changes

✱ SKIMPING ON SLEEP
A University of Chicago study has shown after only 6.5 hours of sleep over a few nights, people develop signs of impaired glucose tolerance – a major cause of obesity and type 2 diabetes. And two nights of four hours' sleep results in a 20 per cent drop in the hormone leptin, which tells your brain "I'm full".

✱ STRESS
This can raise BGLs as your body rapidly releases blood glucose and fats into the bloodstream for the 'fight or flight' response.

✱ ALCOHOL
A standard 100ml glass of wine contains about 280kJ and one 285ml regular beer contains about 430kJ, so a couple of glasses can add to your daily intake.

✱ SKIPPING BREAKFAST
People who have irregular meals may be at higher risk of stroke, obesity, high blood pressure, heart disease and blood glucose problems, shows Columbia University research.

✱ EATING LATE
Having late meals can lead to higher cholesterol and insulin, shows University of Pennsylvania research.

✱ SITTING
Avoid the couch. Prolonged sitting stops your body producing an enzyme called lipase, which is critical for burning fat.

STEP
TO IT

Walk off the kilos

Lose weight, boost health and give your diabetes management a healthy kick by starting a new workout, just in time for spring!

There's a whole lot to love about walking! In addition to helping you shift kilos, embarking on a walking workout improves your cardiovascular fitness and helps you maintain good joint health. "It also elevates your mood, and most importantly, uses glucose, which will help you manage your blood glucose levels (BGLs)," says *DL exercise physiologist Christine Armarego*. And the benefits don't stop there – walking can also lower your stroke risk by 20 per cent, help protect against the brain shrinkage that's linked with age-related memory loss, and according to research from Cambridge University, cut your risk of premature death by up to a third if you do it for just 20 minutes a day!

Feeling inspired? Step up to a fitter, healthier you by giving this 7-day workout from *Christine Armarego* a go!

YOUR 7 DAY *walking workout*

MONDAY

Walk at an easy pace for 10 minutes, somewhere flat and smooth.
TOP TIP: *"It really doesn't matter how short a walk is," says Armarego. "Do it consistently and frequently, and your fitness and BGLs will start to improve, regardless of how far you walk when you're starting out."*

TUESDAY

Set off at a moderate pace (where you can talk while you're walking, but are still huffing and puffing) for 10 minutes, somewhere flat and smooth.
TOP TIP: *Use the right technique. Walk at a steady pace, stand as straight as you can, and step with a rolling action from your heel to your toe.*

WEDNESDAY

Rest day.

THURSDAY

Today you're going to walk twice for 10 minutes, maintaining a light pace (where you can walk and easily talk). Try to walk up some hills, if you can.
TOP TIP: *Don't be tempted to 'text and walk'. Looking at a mobile phone changes how you move, which increases your risk of tripping.*

FRIDAY

Rest day.

SATURDAY

Walk around the house for 10 minutes in the morning and again in the afternoon at a moderate pace.
TOP TIP: *Wear a FitBit, Jawbone or simple pedometer. Studies show that using a device will help to boost your step count and it's fun to see how many steps you take in a day.*

SUNDAY

Walk for 15 minutes today, maintaining a moderate pace.
TOP TIP: *If you have access to a beach, walk on the sand to increase the amount of energy you use and give your leg muscles a greater workout.*

5 EASY WAYS to amp up your walk

Get more out of your workout with these expert-approved tips

STEP ONE

Choose the right shoes

Good shoes are essential for any workout. They don't need to be expensive or fancy – just sturdy, reliable and well-fitting. The fit is especially important if you have diabetes, as it's crucial to avoid cuts, blisters and abrasions that could lead to infections. Your best bet, says exercise physiologist Carol Garber, is to visit an athletic shoe store and ask for guidance. Try the shoes on and walk around so you get a pair that fit well.

STEP TWO

Commit to it

Have trouble sticking to a regular routine? Put your walk in your calendar as an appointment. If it's too hot or cold to walk outside, do laps around your local shopping centre, and ask a friend or officemate to join you. You can also find walking groups at walking.heartfoundation.org.au and bushwalkingaustralia.org, or just google 'local walking groups'.

STEP THREE

Make it fun!

There will always be days when you don't feel like exercising. Instead of ditching it, make your workout more fun by listening to music. Research suggests that people who listen to music while exercising work out more vigorously and for longer, and are less prone to fatigue. Choose songs that motivate you, and have a good beat to walk to!

STEP FOUR

Up the intensity

If you've been walking for a while and want to step it up, what's next? Increase your time, then your speed, Garber says. For example – every week or so, add three to five minutes to your time, until you're up to 30 minutes of walking. Once you're doing 30 minutes on a regular basis, increase your pace in small increments. After you've been doing that for a while, you may find yourself ready to step it up by adding speed intervals: walk as fast as you can for two to four minutes, then slow down to your previous pace for a few minutes.

POSTURE TIPS

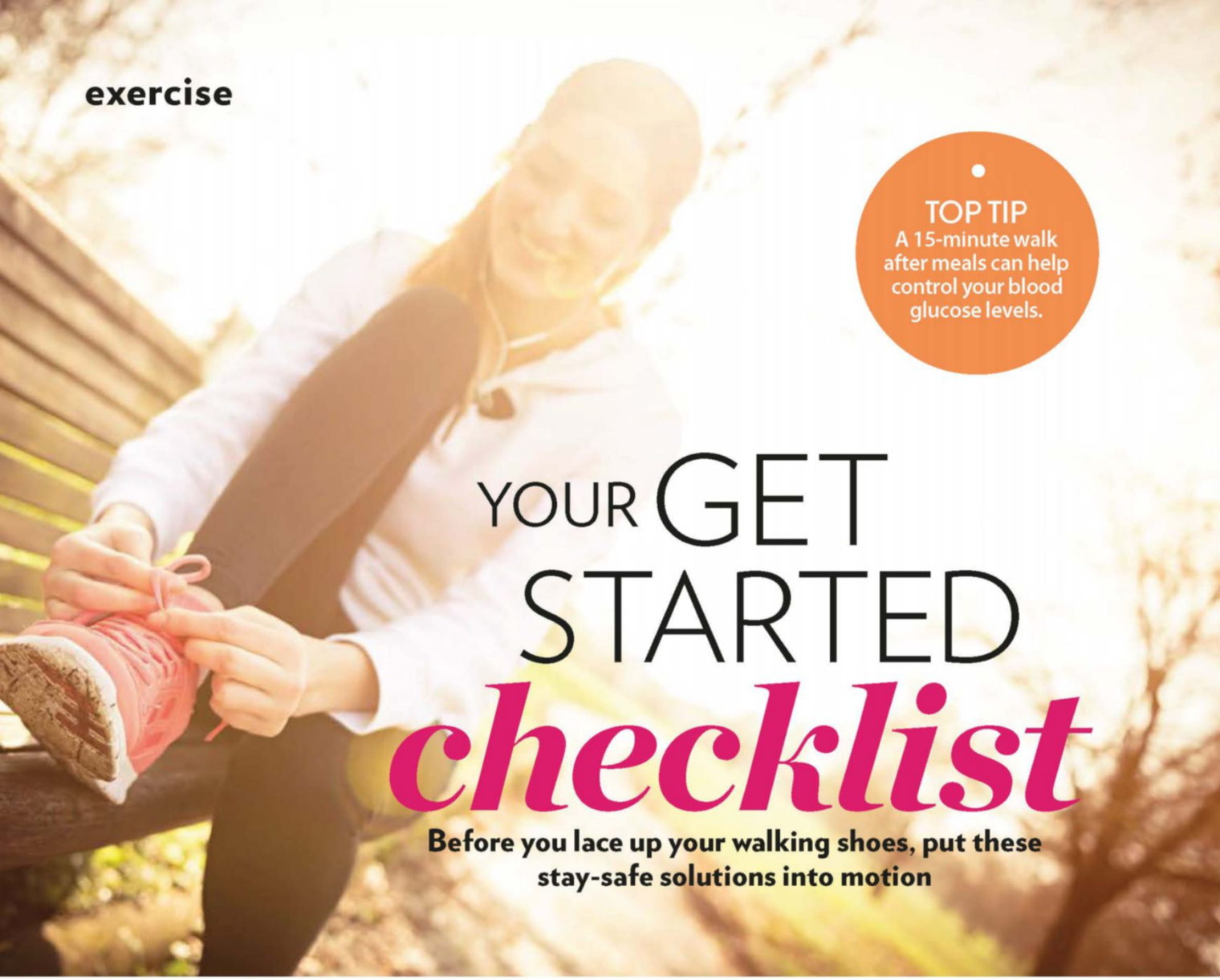
Here are some guidelines to help prevent injury:

- Keep your chin up with your eyes looking forward
- Relax your shoulders
- Stand up straight
- Bend your arms slightly
- Avoid arching your back, or leaning forward or backward.

STEP FIVE

Do strength training

"Muscular fitness and resistance exercises are important for blood glucose control and muscle and joint health," says Garber. Hand, wrist or ankle weights can slow you down or change your form in a way that can stress your joints, so instead, work in some body-weight exercises such as wall sits, wall push-ups or lunges (consult an exercise physiologist if you're unsure about how to perform these exercises safely). In each 30-minute session, take a break for strength moves at the 10-minute mark. Good luck! ➤



TOP TIP
A 15-minute walk after meals can help control your blood glucose levels.

YOUR GET STARTED *checklist*

Before you lace up your walking shoes, put these stay-safe solutions into motion

Ask the experts

Speak to your GP, diabetes educator or exercise physiologist about factoring exercise into your diabetes management plan. You may need to adjust your insulin or medication to account for the extra activity.

Eat for better BGLs

If you're taking medication that can cause hypos, eat a snack before and after exercising to help maintain healthy BGLs. Alternatively, reduce your insulin, if that's how you manage your diabetes.

Inject carefully

Taking insulin? Avoid injecting directly into your thighs before exercise. It can cause the insulin to be absorbed more rapidly, increasing your chance of having a hypo. Stay safe!

Check your levels

If your BGLs are low, eat some fast-acting carbs, then wait until your levels normalise before lacing up your sneakers. Similarly, if your BGLs are high, and you have ketones, take an extra dose of insulin. Wait until both BGLs and ketones come down before exercising.

Slip, slop, slap

Before you step outdoors, apply a high SPF, broad spectrum sunscreen. Slip on a hat or cap and wear polarised sunglasses.

Warm up, cool down

A few stretches before and after your walk will help prevent injury, advises Christine Armarego.

Drink up!

You know the drill! Always ensure you have plenty of water on hand to prevent dehydration. ■

WORDS GINA SHAW, CHRISTINE ARMAREGO AND KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

MAKING THE INVISIBLE VISIBLE

#womenshearts

Heart disease is a hidden killer.
It is the leading cause of death in Australian women.

24 female lives are lost every day.

This critical health issue often goes unnoticed and is not openly talked about...it's invisible.

This June, help the Heart Foundation make the INVISIBLE VISIBLE by spreading the word and getting involved on social media.

Together, we can protect the hearts of the women that we know and love.

Find out more – invisible**visible**.org.au

Abbott | Lifestyle | Heart Foundation | Go Red for women ™American Heart Association

WELL EQUIPPED

Stock up on fitness gear and you'll never miss a workout, says *Christine Armarego*, *DL*'s exercise physiologist

Have you ever woken to the sound of rain and decided it's the perfect excuse to skip the gym? But as you roll over, you feel you've let yourself down.

It can be hard to stay disciplined, so help yourself by investing in exercise equipment and discover the advantages of an at-home workout. Any time, any weather. Plus, new equipment will motivate you and challenge your fitness. Let's get physical.

UNDER $25

SKIPPING ROPE

$8-$30

Skipping will improve your cardiovascular fitness, bone mineral density, balance and agility. It also empties muscles of glucose. **TIP: New to it? Skip for 1-2 minutes, rest and repeat.**

HAND WEIGHTS

$10 per 1kg pair
$20 per 2kg pair

Beginners: use these if you find resistance bands too complicated. **TIP: Do weights every second day to give your muscles time to recover and grow.**

RESISTANCE BANDS

Around $20 for light, $25 for medium, $30 for heavy resistance

If you don't have much space at home, these are a great way to start resistance training and can be used for rehabilitation of an injury. **TIP: Store in a drawer and not in a tangle!**

SWISS BALL

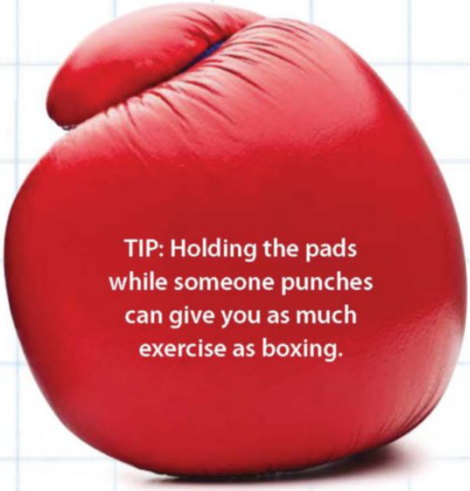
$25

The ideal tool for an at-home core stability workout that boosts strength and balance. **TIP: Good core control helps protect your lower back from injury and allows you to perform other exercises safely.**

BOXING GLOVES AND PADS

$30-$50

Good for cardiovascular fitness and coordination – and boy is it fun!



TIP: Holding the pads while someone punches can give you as much exercise as boxing.

FROM $25-$100

DUMBBELLS

$50 for a 10kg set (2.5kg, 1.5kg and 1kg) up to $100 for a 20kg set (interchangeable)

Can't get to the gym? Flexible weight dumbbells are the next best thing. **TIP: Check your form and technique in a mirror to help avoid injuries and get the most from your workout.**

PHOTOGRAPHY GETTY IMAGES

KETTLEBELLS

$30 (8kg) to $100 (20kg)

Try these for more advanced resistance training. You can do kettlebell swings, goblet squats, kettlebell lunge presses, dead lifts… the list goes on! **TIP: Get instruction on how to use these, especially if you've never seen them before.**

YOGA MAT

$30-$65

The perfect base for stretching and doing yoga or Pilates at home. **TIP: Test the mat before you buy it. Check it feels as soft or as padded as you need and make sure it is non-slip.**

MORE THAN $100

TRX HOME SUSPENSION KIT

$270

Total body resistance exercise (TRX) kits offer portable bodyweight resistance training – just like a gym but totally portable. TRX is for all levels and provides something for everyone. **TIP: It usually comes with a booklet, but once you start, you'll come up with variations to replace many of your other exercises.**

TREADMILL

$1000-$4000

Useful for walking or running when the weather is poor or if you have concerns with your balance when walking outdoors. **TIP: Getting off the treadmill can cause dizziness in some people. Avoid this by standing still for a few minutes after your walk before stepping off.**

EXERCISE BIKE

$300-$2500

If you can't walk far due to knee or hip issues, an exercise bike might be right for you. It will boost cardiovascular fitness and lower-limb endurance. **TIP: Sit with good posture and use hills or sprints to increase intensity.** ■

TYPE 1

"Building muscles was my life changer"

Sales company managing director *Frank Karg*, 53, wants other people with diabetes to know the health benefits of weight lifting

Tell us about your childhood.

I'm the youngest of seven and I grew up in Ohio, US. Me and my eldest brother Dan, who has since passed, were diagnosed with type 1 – him when he was four and me when I was 10. My brother had been dealing with diabetes for 17 years already so I was able to ask him – and the doctors – a lot of questions. My mother prepared me for the future by teaching me how to cook nutritious meals.

How did you deal with diabetes in your teens?

I had some control but wanted more. I was physically active – I loved tennis and scuba diving – but my blood glucose levels (BGLs) fluctuated a lot.

How did you get your BGLs under control?

It happened when I started lifting weights regularly at university in 1982. As I trained and gained muscle, my BGLs came into more acceptable ranges. I read a study about the fastest ways to build muscle fibre. That's what changed everything for me.

What did your research lead you to?

I read about specific lifts that help you gain muscle mass the quickest, and about how the body stores glucose (glycogen) in the muscle fibres and the liver. I was excited and wanted to spread this message. Just last year I created some videos with simple exercises that are available on my website buildingmusclestohelp.com – to help people with diabetes.

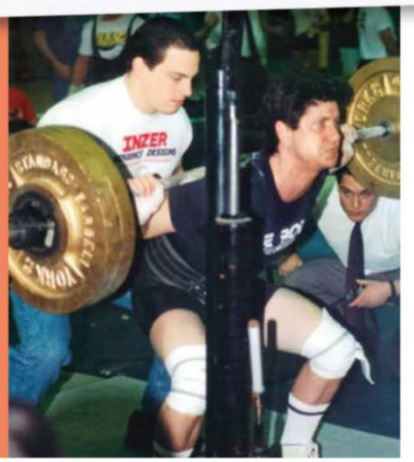
Life is full of challenges, how do you manage that?

I met my Australian wife Katrina on holiday in Rome in 1997, and we moved from the USA to Brisbane in 2005. She tragically passed away in 2015 after complications of sclerosing peritonitis (a rare inflammatory condition). Dan had passed away in 2010 after two kidney transplants and losing them was

Weights for diabetes

"Squats and deadlifts are two of the most effective and quickest ways of building muscle mass," says Frank. "Since your body stores about 80 per cent of your glucose (glycogen) in your muscles, it's logical to increase your storage area so you have less drastic changes in glucose levels." Frank demonstrates how the exercises can be done at home with two chairs, two mop buckets and bottles of water (that stand in for weights) on his website buildingmusclestohelp.com. The videos are aimed to help people with diabetes manage their BGLs but can be used by anyone to build muscle mass.

Frank Karg in the 1996 United States Powerlifting Federation Championships in Ohio.



devastating. I managed my BGLs during those times by keeping a close eye on them, adjusting my insulin accordingly and I also continued lifting weights.

What support do you have?

My son James, who is 18. We're a great father and son team. He, my friends and neighbours know what to do if I go into insulin shock – give me some Coca-Cola. Thankfully, they haven't had to do that.

How has your health affected your son?

My attention to my health has influenced him. He doesn't have diabetes but he eats nutritious food and lifts weights with me.

How is your health now?

My kidneys are good and I have no signs of neuropathy or impotency. I've worked hard to keep my diabetes in control and rarely have any troubles with it. I put my good health down to building muscle mass and eating well. I'm also careful to manage my medication well.

You love to exercise, how often do you workout?

I lift weights once or twice a week, play tennis once a week, cycle when I get the chance, and I love to scuba dive. People with diabetes who are regularly physically active more easily metabolise glucose and often require less daily insulin.

What's your advice for other people with type 1 diabetes?

Build your muscles, eat properly and exercise. Walking is good for your heart and lifting weights is great for your diabetes. I've worked hard to keep my diabetes under control and have done a good job since I was 18 and started lifting weights.

In terms of food, I usually have a protein shake with apple juice after lifting weights, playing tennis or cycling.

I built my website to try and help people with diabetes in Australia. In my opinion more muscle equals more control. In general I'd say eat properly and exercise at least twice a week. ■

INTERVIEW BY ANNETTE DASEY
PHOTOGRAPHY PHILL SHEEN

10 WAYS TO *love* your heart

Diabetes and heart issues often go hand in hand, but the good news is protecting your heart can be fun. Tennis, anyone?

1 Hit the sack

Getting enough sleep is an important part of a healthy lifestyle. If you regularly wake up feeling less than refreshed, talk to your GP about how to create a good sleep pattern, as that can help reduce your risk of heart disease.

2 Sit and knit

Excessive stress can wreak havoc on your health, contributing to high blood pressure which in turn makes the heart work harder – a risk factor for stroke. Research from the Heart Foundation indicates that stress plays a part in causing heart attacks. Stress-busting activities like sewing, knitting and crocheting can help you wind down. Need another reason to unravel the yarn? It's hip to knit: Kate Middleton and Ryan Gosling have both been known to purl and twist.

3 *Fun and games*

You don't have to be good at sport to enjoy the social aspect. With tennis you'll improve your hand-eye coordination while burning around 1700kJ per hour. Physical activity helps you lose and maintain a healthy weight, which makes it easier for your heart to work efficiently and improves your quality of life. So set a date for a walk, swim, tennis or game of golf – you might even enjoy it!

DID YOU KNOW?

Thirty minutes of exercise most days a week lowers your risk of heart attack and stroke.
– Heart Foundation

4 Fit to quit

Smoking damages your heart and lungs, which is among the reasons why it's the leading preventable cause of death and disease in Australia. Smokers are more likely to develop atherosclerosis – build-up in the arteries – which can lead to heart disease or stroke. Quit smoking and you'll have a higher tolerance for heart-healthy physical activity, too.

5 Control the pressure

High blood pressure is the most significant factor for stroke risk. While eating right, losing weight and cutting back on salt can help, some people are predisposed to hypertension: ask your GP for medication advice.

6 *Shake the habit*

Sodium increases your blood pressure, which taxes the heart. Hide the table salt and control your intake by cooking most of your meals at home. Goal: aim to consume less than 1600mg sodium per day.

DID YOU KNOW?
Dog walking provides exercise and socialising for both you and your pooch. Doggone!

8 Get a pet

Or volunteer at an animal shelter. The RSPCA cites that pets can boost your cardiovascular health by lowering your blood pressure and cholesterol, and lowering triglycerides in men. Here's the proof: in a US study, people who never had a cat were found to be 40 per cent more likely to die of a heart attack and 30 per cent more likely to die of any cardiovascular disease (including stroke, heart failure and chronic heart disease) than cat owners.

7 Eat fish

Oily fish are an excellent source of omega-3 fatty acids that can help reduce blood cholesterol levels and heart disease risk. Aim to include at least two to three serves of canned or fresh salmon, mackerel or sardines each week. Try our Blackened salmon, asparagus & cabbage salad (page 46) for a light, delicious and nutritious meal.

9 Go nuts

Squirrel away a handful of nuts or seeds for a snack that's rich in heart-healthy omega-3s. Walnuts and flaxseeds pack the biggest punch, but brazil nuts, pecans and chia seeds contain omega-3 *and* boost HDL (good) cholesterol levels. Bonus: nuts and seeds add flavour as a salad topper, and spreads are perfect with apples or celery.

DID YOU KNOW?
One serving of nuts equals a small handful (30g or ¼ cup) of whole nuts or 1½ Tbsp of nut butter.

10 Savour your meals

Eating mindfully gives your brain time to register fullness while eating less. Losing 5-10 per cent of your weight can lower your blood pressure and boost heart health.

KNOW YOUR NUMBERS

Check in with your healthcare team to discern your individual needs.

BLOOD PRESSURE
GOAL below 140/90 mm Hg
CHOLESTEROL
TOTAL less than 5.5 mmol/l
LDL less than 2 mmol/l
BLOOD SUGAR
HbA1C aim for 48-53 mmol/mol

Find more heart-smart recipes: diabeticliving.com.au

WORDS MICHELLE THEALL PHOTOGRAPHY GETTY IMAGES

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Should I cleanse?

Drastic, short-term "cleansing" is trendy. We have the scoop on how extreme detox diets can affect diabetes management

LEAN 'N' GREEN

Drink only lemon water, maple syrup and cayenne pepper. Just have this green smoothie three times a day. No grains, no sugars, no beans...

Cleanse and detox diets sell – that's why you see so many in the headlines and on bookshelves. They come in as many variations as there are diet "experts." Most promise to clean out your digestive system and help you drop weight – fast.

But you'll notice a trend with hard-core cleanses: they lack scientific research to support their claims (in fact, a review in the *Journal of Human Nutrition and Dietetics* found no evidence that detox diets help with weight loss at all). And how safe are they for people with type 2 diabetes? Short answer: not very.

The diabetes effect

When you have diabetes, "medication and diet and exercise all work together," says Toby Smithson, a registered dietitian and spokesperson for the US Academy of Nutrition and Dietetics.

By going on a drastic cleanse, like an all-juice diet, you're taking balance out of that equation, and can cause side effects such as nausea, dehydration and shakiness.

Plus, Smithson says, your meds could work differently because you're providing your body with less or different fuel than it's used to.

And then there's the fact that nobody really needs to cleanse because our bodies do it naturally. "Detoxification occurs 24/7 by various organs in our bodies – they're great machines," Smithson says.

CHECK IN

Talk to your diabetes care team before making changes to your eating plan. If you get the OK, check blood glucose two hours after meals to see the effects the diet modification is having and to adjust for the next meal.

Clean safely

OK, so you'll skip the trendy cleanses. But what if you still want to feel refreshed and jump-start your weight loss? Maybe break a few bad eating habits along the way?

"When it comes to your long-term health and weight management, lifestyle changes need to be sustainable," says *DL* dietitian and diabetes educator Dr Kate Marsh. "But some people find that a stricter approach initially can help to kick-start weight loss and blood glucose lowering."

If this sounds like you, Dr Marsh suggests adopting a mostly whole plant food diet, containing lots of vegies, salads, fruit, whole grains, legumes and nuts, and avoid processed foods and added sugars. Cut out alcohol and coffee and stick to water and herbal teas. "This type of eating plan can give you similar benefits to commercial cleanse or detox diets without the negative side effects," she says. "And if you feel better, it's safe and effective to follow long-term.

"But if it's a big change from your usual eating plan, consult your doctor or diabetes team before you start, as your medication may need adjusting," warns Dr Marsh. ■

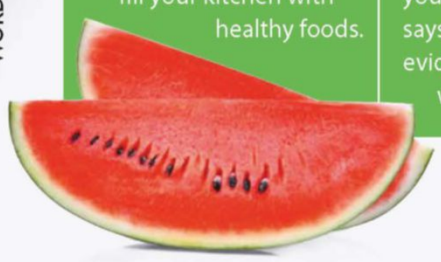
3 easy ways to kick-start weight loss

Before you leap into a modified version of a cleanse, make sure you're set for success

1 BE PREPARED
Get organised so the healthy option becomes the easy one! Plan your meals for the week, make time to shop and fill your kitchen with healthy foods.

2 BE MINDFUL
Think about every bite that goes into your mouth. "Don't eat while doing other activities like watching TV, working on your computer or driving," says Dr Marsh. "There's evidence that eating while distracted won't satisfy your appetite and you'll eat more." Plate meals and eat at the table; it's a habit that'll help with weight management.

3 COMMIT
We're not just talking about a few days. "If you go back to the same diet as before, your blood glucose levels will rise again and you'll likely regain any weight you lost," Dr Marsh says. "It's important to maintain a healthy eating plan for long-term success."



WORDS DEBBIE KOENIG PHOTOGRAPHY GETTY IMAGES

Clever guts

Cultivate healthy digestion by feeding your microbiome what it loves

Award-winning BBC science presenter Dr Michael Mosley calls them 'Old Friends'. They're the microbes that make up your microbiome in your digestive system, and they have evolved over millions of years. "Many of them are essential to our health," he writes in his latest book, *The Clever Guts Diet*. "Just as we have ravaged the rainforests and consigned numerous animal species to oblivion, so we have decimated the populations that live inside us. Fortunately we can help these Old Friends bounce back."

Here is an extract from his book.

The Clever Guts Diet is a 'diet' in the same way you might talk about being on a vegetarian diet or a Mediterranean diet. It's not about calories [kilojoules] or restriction; it's about the sort of food and lifestyle changes you should make if you have gut problems, or simply want to keep yours in good condition.

As well as extracting energy from our food, the gut accounts for most of our immune system and produces more than two dozen hormones that influence everything from our appetite to our mood.

I also love the fact that, buried in our intestines, deep inside its tissue, is a very thin layer of brain. It's called the enteric system and it is made up of the same cells, neurons, which are found in the brain. There are over 100 million neurons in the gut, as many as you would find in the brain of a cat. Except instead of being in one big

DIGEST THIS...

YOUR OLD FRIENDS
Changing your microbiome can reduce anxiety and lessen depression.

lump, like the brain, the neurons in your gut are spread out in a thin mesh that extends all the way from your throat to your rectum. This 'second brain' doesn't do much geometry or worry about tax returns, but it does orchestrate digestion and moderate gut pain.

Your gut is a wonderful piece of engineering. But in many ways the star of the digestive show is not actually part of the human body at all – it is the one to two kilos of microbes that live in your gut and make up the microbiome.

Our widespread ignorance about the microbiome arises from the fact that, until quite recently, its inhabitants, microbes, were impossible to study. We knew they helped protect the gut from dangerous invaders; that they synthesised a few vitamins; and that they gobbled up fibre that our bodies can't digest.

Now we know they do far more than that.

1 They help regulate our body weight. They can decide how much energy your body extracts from the food you eat; they control hunger signals; they help decide which foods you crave; and they determine how much your blood sugar spikes in response to a meal. Can your microbiome make you fat? It certainly can. Can you change your microbiome so it works with you rather than against you? You certainly can.

> **The gut accounts for most of our immune system**

2 The microbiome teaches and regulates our entire immune system. Over the last half-century we have seen a massive rise in allergic diseases, such as asthma and eczema, caused by an overactive immune system. We have also seen a huge surge in autoimmune diseases, ranging from inflammatory bowel disease to type 1 diabetes, which again are primarily caused by an immune system that has gotten out of control. Changing the mix of bacteria in your gut can reduce the impact of these diseases.

3 The microbiome is what takes the bits of food our body can't digest and converts them into a wide range of hormones and chemicals. These, it seems, can control our mood, as well as our appetite and general health. Changing your biome can reduce anxiety and lessen depression.

Where possible, eat unprocessed 'real' foods. Keeping your biome properly fed and cared for is definitely worthwhile. Use the recipes from *The Clever Guts Diet* to give your biome something to chew on.

Turn the page for three recipes that will get you started. ➤

Chia pots

(SERVES 1)

2 Tbsp chia seeds
125ml dairy-free milk of your choice (e.g. coconut, hazelnut or almond milk)
½ tsp vanilla extract
½ tsp ground cinnamon
1 Tbsp fresh or frozen berries

Put all the ingredients, except the berries, in an airtight or covered jar (approx 300g volume) and stir well. Add half the berries and stir again. Put the jar in the fridge, ideally overnight, but for at least 30 minutes. The seeds will have absorbed the liquid and plumped up. Serve them with the remaining berries and one of these additional toppings.

- **1-2 Tbsp toasted coconut flakes**
- **1 Tbsp ground almonds or flaxseed**
- **1-2 Tbsp blueberries or raspberries**
- **1-2 Tbsp whey protein powder (a great source of protein)**

Note: For a complete breakfast, DL*'s dietitian suggests you add 2 tablespoons of low-fat Greek yoghurt and 1 diced kiwi fruit. This has been included in the nutritional analysis below.*

NUTRITION INFO
PER SERVE 1240kJ, **protein** 10g, **total fat** 18.3g (sat. fat 1.9g), **carbs** 16g, **fibre** 15g, **sodium** 112mg • **Carb exchange** 1 • **GI estimate** low

NUTRITION INFO
PER SERVE 1830kJ, **protein** 14g, **total fat** 12.5g (sat. fat 1.6g), **carbs** 58g, **fibre** 19g, **sodium** 107mg • **Carb exchanges** 4 • **GI estimate** low

Baked rainbow ratatouille

(SERVES 4)

4 beetroots
4 sweet potatoes
3 red onions
2 zucchinis
1 fennel bulb
1 small pumpkin (or ½ butternut pumpkin), deseeded and quartered
2 yellow capsicums
250ml tomato sauce (see below)
Freshly ground black pepper
2 Tbsp olive oil

For the tomato sauce:
2 Tbsp olive oil
1 medium onion, sliced
2 garlic cloves, chopped
Bunch of fresh basil, leaves only, chopped
1 Tbsp fresh oregano leaves, chopped (or 1 tsp dried)
6 medium-sized fresh tomatoes, chopped
400g can chopped organic tomatoes
1 Tbsp balsamic vinegar

To make the tomato sauce, place a saucepan over a medium heat, add the oil and fry the onion gently for 6-7 minutes until it's soft and golden. Stir in the garlic, basil and oregano, followed by the fresh and canned tomatoes and vinegar. Season with a pinch of salt and pepper and let simmer for 15-20 minutes. Blend it briefly and set it aside.

Preheat the oven to 190°C. Liberally cover the bottom of a large baking dish with your tomato sauce (you only need about half of it for this recipe). Cut vegetables into 1cm slices, except the zucchinis and capsicums, which need to be thicker (more like 2cm). Starting from the outer edge of the dish, arrange vegetables by colour: beetroot, then sweet potato, zucchini and so on until you fill it. Season with black pepper and drizzle the olive oil over the surface. Bake it for 30-40 minutes.

Note: For a complete meal, DL*'s dietitian suggests serving this with 100g cooked white fish or skinless chicken breast. She also recommends reducing the carbs and analysed the recipe using four small sweet potatoes and 500g butternut pumpkin.*

PHOTOGRAPHY GETTY IMAGES (PREVIOUS PAGE)

Edited extract from *The Clever Guts Diet* by Dr Michael Mosley with Tanya Borowski, mBANT, IFMCP, and Dr Clare Bailey, GP. Available now. Simon & Schuster Australia, RRP $29.99.

Asian coleslaw with leftover chicken

(SERVES 4)

4 medium carrots
1 small white cabbage
½ small red cabbage
1 mango, cut into slices
Couple handfuls leftover cooked chicken

If cooking the chicken from scratch:
3 medium chicken breasts (with skin and bone)
1 medium carrot, halved crossways
1 medium celery heart, halved crossways
3 sprigs of flat-leaf parsley
2 sprigs of fresh thyme
2 fresh bay leaves
½ tsp whole black peppercorns

For the dressing:
2 Tbsp tamari sauce
1 Tbsp honey
1 garlic clove
Thumb-size piece of root ginger, finely chopped
2 Tbsp rice vinegar
2 Tbsp sesame oil
2 Tbsp olive oil

If cooking the chicken from scratch, put the chicken breasts in a saucepan so that they fit snugly, and cover them with 2cm water. Add the vegetables and herbs. Bring to the boil, then turn down the heat and simmer gently for 20-25 minutes, skimming foam from the surface as the chicken poaches. Remove it from the pan and allow it to cool, then tear it into strips. Keep the stock to use elsewhere.

To assemble the salad, cut the carrots into fine strips with a vegetable peeler or grate them quite thickly into a large bowl. Discard the outer leaves and the cores from the cabbages, and shred the leaves as finely as you can. Add them to the carrots, then mix in the cooked chicken and the mango slices. Make the dressing by whisking all the ingredients together in a bowl. Pour it over the salad and toss everything together. Serve it with fresh coriander leaves and a squeeze of lime.

Tip: Put the dressing in a small screw-top jar if you are taking it to work, so you can dress your salad at lunchtime.

Note: DL's dietitian calculated the nutritional analysis using 250g cooked chicken breast (no skin).

NUTRITION INFO
PER SERVE 1590kJ, **protein** 19g, **total fat** 20g (sat. fat 3.1g), **carbs** 26g, **fibre** 11g, **sodium** 640mg • **Carb exchanges** 2 • **GI estimate** low ■

FACT OR FAD?

DL dietitian and diabetes educator Dr Kate Marsh weighs in on the high-protein craze

Diets rich in protein are all the rage right now with an ever-expanding range of shakes, powders, balls and bars to help you boost your intake. But what is protein exactly, what does it do in your body, and do you really need to be aiming to eat more of it?

Why we need protein

Protein is a part of every cell in your body and you need it to build and repair tissues and make enzymes and hormones. It's also important for growth and development in children and teens, and during pregnancy.

While it's a diet essential, you need less than you might think. In fact, the latest national dietary survey found that almost all Australians (99 per cent!) are meeting their protein needs based on the Estimated Average Requirement (EAR), which is the minimum amount needed for normal growth and repair.

Men aged 19 to 70 need 0.84g and women need 0.75g per kilogram of body weight. So, a man weighing 90kg would

need around 75g of protein and a woman weighing 70kg would need around 53g protein per day, which isn't hard to achieve.

If you ate, for example, half a cup of muesli with 100g Greek yoghurt and berries for breakfast, a wholegrain sandwich with 100g tuna and salad for lunch, a chicken and vegetable stir-fry with rice for dinner, and a handful of almonds along with a latte for snacks, you would have consumed more than 80g of protein during the day.

As we age, we need a little more. Men aged 70 and above need 1.07g and women need 0.94g per kilogram of body weight.

Is high protein/low carb the way to go?

If you're watching your weight and blood glucose levels (BGLs), you'd be forgiven for thinking you needed to replace carbs with protein. After all, protein doesn't have the same immediate impact on BGLs as carbs do, and including a little more protein in your diet can help with satiety.

But research is divided when it comes to the benefits of high-protein, low-carb diets, particularly as there's a lack of long-term evidence. A 2012 review of 74 studies concluded that, while higher-protein diets probably lead to improvements in weight loss and reductions in waist circumference compared to lower-protein diets, the actual differences are small.

A second review of 15 long-term studies (at least 12 months in length) concluded that high-protein diets are neither beneficial nor detrimental when it comes to weight management, heart disease and blood glucose control, and that there isn't currently enough evidence to recommend them. It's all rather confusing.

WHERE TO FIND PROTEIN

Most foods contain some protein but the main sources in our diet are:

Lean meat, poultry, fish and seafood • Eggs • Dairy foods including milk, yoghurt and cheese • Legumes (lentils, dried beans and peas) • Soy foods like tofu, tempeh and soy milk • Nuts and seeds • Whole grains, particularly quinoa, buckwheat and amaranth

Plants v animals

the source matters

A recent Australian study found that higher intakes of animal protein are associated with increased risks of type 2 diabetes, whereas plant protein tends to be associated with lower risk and has also been shown to be better for blood pressure and heart disease. And for those with diabetic kidney disease, soy protein has been found to slow the progression of kidney disease compared to red meat.

Too much of a good thing?

While protein is important, there's evidence to show that eating too much isn't good. In one study, adults aged between 50 and 65 who ate more protein had a 75 per cent increase in overall mortality and were four times more likely to develop cancer. Several studies have now shown that higher intakes of red meat and processed meats, typical of many high-protein diets, are linked with a higher risk of type 2 diabetes, heart disease, bowel cancer and overall mortality.

Plant protein doesn't seem to carry the same risks as protein from animal foods, so be mindful not to make it all about meat. Instead, incorporate more plant proteins such as legumes and tofu that are easy to cook and have other health benefits (See page 55 for some easy meal ideas).

Too much protein can have an adverse effect on kidney function, which is a common underlying factor for people with diabetes, so the key is to find a healthy balance that works for you. ■

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

Don't play your hearing by ear!

As a person with diabetes, there's plenty of health checks to go around and appointments to keep on top of. So how does an audiologist fit into the picture?

Hearing loss can impact on so many elements of everyday life, including earning power, closeness of your relationships, emotional stability, as well as physical health. It's an important piece of the puzzle.

It's often overlooked that people living with type 1 and type 2 diabetes have an increased risk of hearing loss. In fact, it's almost twice that of people that do not have the disease. A US study by the National Institutes of Health (NIH) tested more than 4,700 adults on their ability to hear a range of frequencies, in both ears. Results showed a strong relationship between diabetes and hearing loss across all sound frequencies, but especially in the high frequency range.

Hearing loss follows a similar pathway to how some other diabetic complications develop. Elevated blood sugar levels over a long time can damage blood vessels and reduce blood flow to various areas of the body. This can damage the delicate structures of the inner ear and result in a gradual loss of hearing.

If I had hearing loss, would it not have been picked up? Even if you see a regular GP, we know that only about 13% of doctors routinely screen for hearing loss. And because most people with hearing impairments hear just fine in quiet environments like a doctor's office, it can be easy for a problem to slip under the radar.

Most of the time people with hearing loss are the last ones to know about it! Friends and family might be good-naturedly 'on your back' about your hearing – ribbing you over how loud you have the TV or radio. Or maybe you have noticed some symptoms yourself, but are reluctant to admit it.

"Hearing loss isn't just an ear issue, it's a quality of life issue"

Common signs of hearing loss include asking others to repeat themselves, having particular trouble hearing women's and children's voices, or struggling understanding conversations in noisy places.

What can you do?

It all starts with a simple hearing check; so don't be afraid to take the first step on that journey.

1. Book an appointment with your local hearing specialist.
2. Once you have had a hearing test, don't hesitate to discuss your results or any questions you may have.
3. If you need a hearing aid, discuss your lifestyle needs with your audiologist who will guide you on your path to better hearing.
4. If you do get a clean bill of hearing health, that's great! We do recommend that you pop back in for a check-up every 12 months, so any changes to your hearing can be picked up early.

Check out your closest Starkey clinic: www.starkey.com.au or phone **1300 307 696** to book an appointment.

Sources: http://www.nih.gov/news/health/jun2008/niddk-16.htm http://care.diabetesjournals.org/content/34/7/1540.full

Starkey.com.au | @Starkeyaus | facebook.com/starkeyaustralia

A **simple hearing check** could Change Your Life!

DID YOU KNOW?

70% of people with diabetes 50-69 years old, have high-frequency hearing loss.[1]

high blood pressure can be an **accelerating factor** of hearing loss in adults.[2]

You may not realise that an untreated hearing loss may have long-term consequences that can impact your overall health. When someone decides to wear a hearing aid, they begin a journey to better wellness.

If you or someone you care about wants to hear better, visit Starkey.com.au or contact a Starkey Hearing Alliance professional to make an appointment.

Ph 1300 307 696

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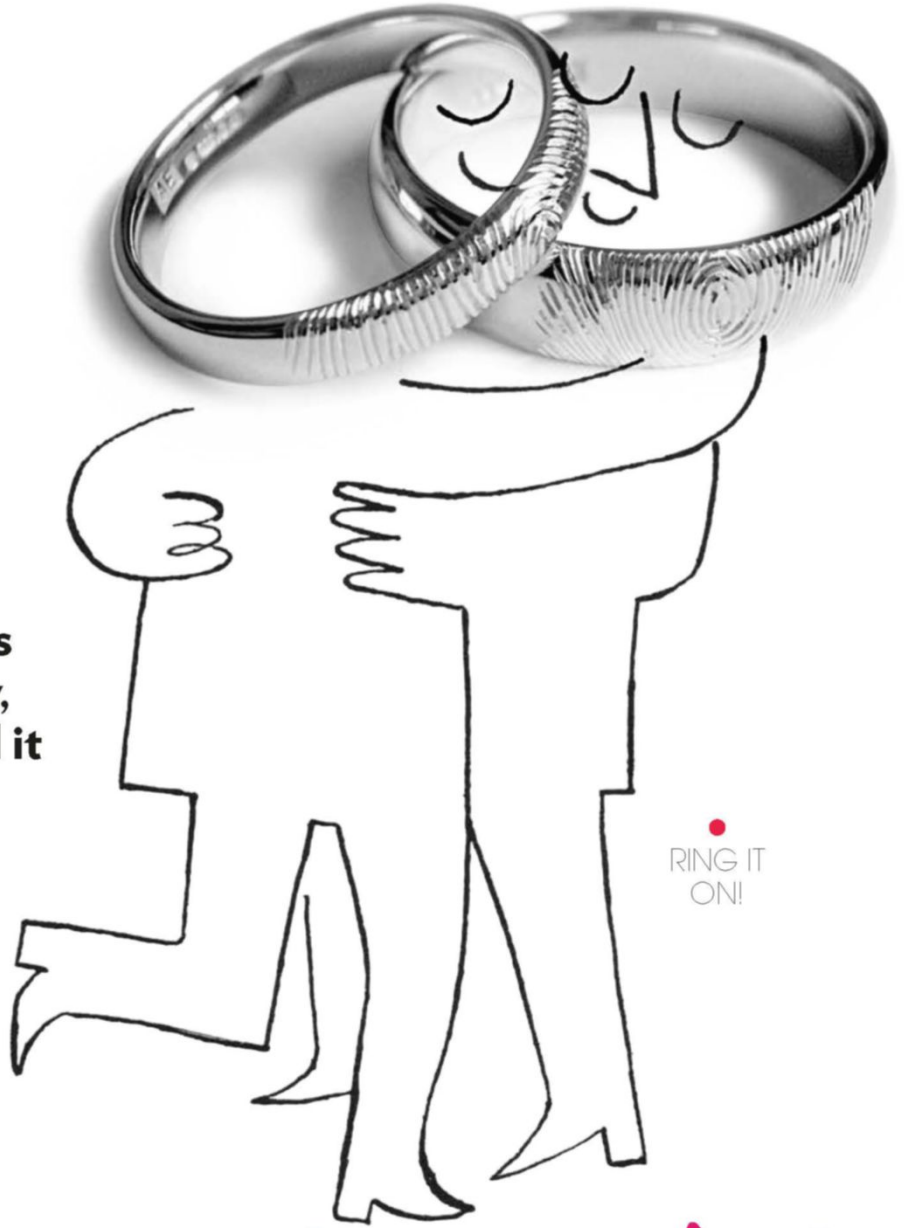

A diabetes diagnosis affects the whole family, but handled well it can nurture love

Married to diabetes

When someone you love is diagnosed with diabetes, it could provide the perfect climate for controlling, obsessive and potentially joy-smothering behaviour. But hang on! Your role as a carer – as the partner or parent of someone with diabetes – is to be supportive and empathetic. While you can't leave diabetes management to the gods and just get on with life, together you can work out an approach that's right for you.

Nobody's saying it's easy. "The emotional rollercoaster of anger, frustration, denial and sadness is experienced by the partner or carer as well as the person diagnosed," says Janine Clarke, clinical psychologist at Mend Psychology and The Sydney ACT Centre. "And it's important to know this is normal."

When anxiety over someone's wellbeing generates unhelpful responses, it's time to tap into the alternatives. Here are some examples of what you may feel like saying but probably shouldn't.

EXPERT TIP Clarke suggests taking a step back and asking yourself, "What am I trying to achieve with this?" Often we can be motivated by the need to reduce our own distress. Think; 'If I jump in with this comment now, what's the likely outcome? Will my partner or child see it as helpful, or invalidating?' Clarke reminds us most people with diabetes try hard to take care of themselves. Comments about choices in the moment can be perceived as you not having faith in the person to manage their condition. This is especially important for children reaching a stage of self-management, says Clarke. "Helpful comments are fine. But if they're not, they might be perceived by your child as a message that they can't cope." That can be scary for them, to think they'll always need someone else's support.

> **In order to be there for others, we need to take care of ourselves**

EXPERT TIP
Whether said out loud or just felt, it's a sign you need to allow time to look after yourself. Clarke uses the in-flight oxygen-mask analogy – "Put on your oxygen mask before helping others" – to illustrate that "in order to be the best version of ourselves and be there for others, we need to take care of ourselves". Caring for someone with a chronic condition is hard and sometimes unrewarding. Managing your own diet, exercise, sleep and free time is rewarding, both for you and your family.

Partners for life

"When Steve had his first hypo, I didn't know what to do," says Angela McWiggan. She's been married for 30 years to gentlemanly larrikin Steve, who's lived well with type 1 diabetes since toddlerhood. "I rushed to the shop and bought baked beans – who knows what they were supposed to do. And I left him alone. I did all the things you shouldn't do."

The couple now live and work from the same base, answering each other's phones, helping each other. Angela doesn't know what they'd do without Steve's sense of humour.

Steve believes there's always someone worse off than he is. But he also says, "I appreciate the struggles Ange has to deal with given one pain-in-the-arse husband, and the fact our two beautiful kids also developed diabetes." The couple's 28-year-old daughter Kathryn was aged three when diagnosed with type 1; their son, Andrew, now 25, was 16.

Angela says that she and Steve get on "exceptionally well". He shows his appreciation. "I leave her phone messages with jokes. I buy her flowers and cards and perfume, because I love her."

ANGELA'S TIPS FOR CARERS

"There are some things you can control and some you can't. I wish I'd seen that earlier!

I make sure meals are on time. It's more relaxed now, but routine has served us well.

I worked with our closest friends to create awareness and support. Otherwise, if Steve was low they might not have noticed the warning signs of a hypo – slurring speech, agitation, loss of focus, slight perspiration.

For the kids I had an organised pantry with emergency food packs, portions in small bags… my neighbours knew where things were and what to do.

I've learnt to reach out and ask for help. People say I'm strong in managing all of this, but you're still a human being and you still need help." ➤

"You need to do more exercise."

EXPERT TIP
It might sound easy – just walk more, or get to the gym a couple of times a week – but for many adults, becoming more active is a major lifestyle adjustment. Adriana Ventura, a registered psychologist and Research Fellow at The Australian Centre for Behavioural Research in Diabetes, says it helps to support your partner by making these changes with them. "Doing it together can help create a healthier environment for your partner, which makes it easier for them to change and to sustain change – and having shared goals can deepen your relationship." For children, having parents who model healthy activity levels is gold!

"Why did this have to happen to us?"

EXPERT TIP
"It doesn't matter who we are, most of us will confront some kind of life struggle," says Clarke. "We need to recognise that living with a chronic illness is tough at times, not all the time." When difficulties arise, she says, it helps if couples, parents and children can acknowledge the fear, the anxiety and the sadness, but also remain mindful of the important things we share: our family and friends, our goals and our achievements. Basically "Why us?" is not a thought you can build on.

Ventura adds, "It can be very powerful to recognise what *is* working." Acknowledging the good work that the person you're supporting is doing to manage their condition, to look healthy, to have greater energy, is a conversation that may lead them to change one or two other things.

"I'm just trying to help!"

EXPERT TIP It's important to create an environment of open communication. Although we might assume someone wants and needs help to run their life with diabetes, says Ventura, there are some people who "actually want to be left to their own devices, so it's really important to clarify what help they would like in the first instance".

Clarke suggests saying something like; "I'm confused about how I can be helpful. Is there something I could be doing? Or I'm happy to take a step back if that's what you prefer." This lets them know they can refuse help without hurting you.

"How were your BGLs today?"

EXPERT TIP Don't let diabetes define your relationship. Parents of children with diabetes must strive to experience all the joys of nurturing and having fun with their kids. For love between adults to thrive, says Clarke, "it's vital people constantly remind themselves why they're together". It follows that remaining curious about one another and making time to discover what's going on in your partner's life, beyond diabetes, keeps romance alive!

HEART TO HEART

Tips for self-care

Caring for someone with diabetes is an expression of love, but you need to love yourself too. Here's how to maintain balance:

- **Dip into your personal menu of stress busters: do you feel great after calling a friend, walking the dog, getting a pedicure? Write a list and pick the best option daily.**
- **Watch an episode of your favourite sitcom.**
- **Breathe in to a slow count of four, now out to a slow count of four. Repeat 10 times. Every breath relieves tension – focus on it and feel it.**
- **Read the news, or some fake news (your favourite "How can that be true?" magazine). Stepping outside your world and into the global whirl – well, that's the trick!** ■

WORDS NATALIE FILATOFF **PHOTOGRAPHY** GETTY IMAGES

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TYPE 2

“I’ve lost 16kg since diagnosis”

The removal of a tumour led to discovering type 2 for *Bella Muxworthy,* 41, a chef turned counsellor

When were you first diagnosed with diabetes?

Two weeks after I got married in October 2013. I felt really ill and the doctors found a tennis-ball sized tumour on my left ovary that was attached to my pancreas. I was told if they didn't remove the tumour I'd get cancer, and if they did remove it I'd get diabetes – which is in my family. My grandfather and his mum both had type 1.

That sounds tough...

Dealing with the emotional side was really difficult. I got depressed and anxious. Then I discovered that because of the tumour I wasn't able to have children. I feel so grateful for all the support from my husband, Troy, and other loved ones. But I had to mourn and get on and deal with my life.

How did you adjust?

Before the diagnosis I worked shifts as a chef so didn't have time to sit down for proper meals. I also drank two to four glasses of fizzy drink or juice every day. Thankfully I had a great diabetes educator and did a lot of online research.

Food, exercise and stress affect people with diabetes in different ways so I experimented to see what worked for me. I knew how to cook healthy meals, so I cut down my portions and became more active. Now I eat more protein and less carbs, and I see a nutritionist every few months and an endocrinologist every three months.

Any other new habits?

I walk for 40 to 60 minutes daily. I love my calf muscles now! I do Zumba, yoga or Pilates once a week, and if it's raining I put on an aerobics video or some music and dance around the house.

What has surprised you?

I didn't know diet would have such a big impact on my blood glucose levels (BGLs) or how important portion control is. I've lost 16 kilos since my diagnosis. I've eaten so many different fruits and vegetables that I wouldn't have tried before.

On my birthday I had a piece of cake, which I hadn't done for five months. I started to stress out but my BGLs were fine. I thought I wouldn't be able to have treats.

What treats do you eat?

Ice-cream is my weakness but I just have one scoop of Peters Light & Creamy with fruit! I saw how much my grandfather suffered – he had to have his legs amputated. He warned me about lifestyle choices.

Are there any positives?

Yes, I changed my career. I went back to uni to study psychology and now I'm helping some of my clients deal with their diabetes.

Do you have any advice for others?

Your mental and emotional health impact the physical side and all three have to work together for a balanced, happy life.

Life is good for Bella – thanks to her choices.

Bella's tips

- Don't be afraid to see a psychologist about the emotional side of coping with diabetes. Your endocrinologist or diabetes educator can recommend one.
- Flavour your water with mint, lemon, lime or fresh berries.
- Invest in a NutriBullet – it's great for getting all your serves of fruit and vegies on the go.
- If you're not happy with your diabetes management team, change them! They are there to help and support, not judge or criticise.
- Don't blame or be hard on yourself. You're going to have ups and downs.
- Have some sugar-free treats on hand. I buy Whitman's chocolates from BIG W and Sugar Free Solutions' cake mixes, which can be bought online or in some health food stores.
- Stress and worry affects my BGLs, so I use meditation and mindfulness techniques to cope. You can find comfort and help by speaking to people in online support groups and on Facebook, too. ■

INTERVIEW BY ANNETTE DASEY

Diabetes can be a tough teacher, but *Helen Edwards*, a diabetes educator who lives with type 1, has learnt it's okay to be broken

FIND THE *wonderful*

You aren't always able to change something broken, such as your pancreas, but you can change the way you feel and think about your life.

I've been living with type 1 diabetes since 1979 and have experienced depression, anxiety and diabetes burn out. At times, I have definitely felt broken.

We tend to see something that is broken as negative because if something no longer works it may be rendered useless. However, if you look at it from another perspective, something that is broken can be mended, fixed, altered, upcycled or turned into something better.

It's the experiences that have left me feeling broken, diabetes included, that have taught me to embrace brokenness and rejoice in the many different aspects of life. If you change how you see brokenness, you can see all the parts of life, and how to live with the things you can't change.

I've found one of the best ways is to take a look at the 'story' you tell yourself about your diabetes.

You may have a story about how devastating your diabetes diagnosis has been, but forget to see the things you are still doing, such as caring for your children, going to work, or getting through tasks you need to do each day. Like me, you might be surprised to find that it's your brokenness that's brought something special to your life.

"Events happen in all of our lives that cannot be changed. People experience traumas and losses that cannot be undone. The ways in which these events are understood and interpreted, however, makes a considerable difference to their effects."

The above quote written by Maggie Carey and Shona Russell, counsellors at the Adelaide Narrative Therapy Centre, spoke directly to me.

Write it out

When I was at the lowest point in my life, after suffering post-traumatic stress, panic attacks, anxiety and depression, writing helped me to see something other than my brokenness. I wrote poetry, journals and stories. Words poured out of me

PHOTOGRAPHY GETTY IMAGES

and helped me see all the parts of my story – including the people who loved me.

I recognised being broken wasn't about throwing life away. I saw there were many things I'd done, experienced and achieved that were staring me in the face. I knew there were more reasons to be here than there were to leave, and my beautiful first son was the biggest.

I also discovered that these broken parts were actually the reason for much of my *joy*. It prompted me to start an online counselling service called diabetescantstopme.com because I realised that others were also suffering. Helping others has brought me joy, put me back together and made me better and more resilient than ever.

Write your own story...

Helen shares her top five tips to help you journal your way to wellness

1. Tune into the stories you tell yourself about your diabetes, your health, or your life. Talk with friends, family, others with diabetes or a counsellor to identify them and how they are impacting you.
2. Consider the things in your life, however small, that have gone well. Perhaps it's a friendship or an activity you enjoy.
3. Use writing to deal with thoughts and feelings. Write poetry and journals or start your own blog.
4. Write when you're feeling broken and vulnerable. Look for the strength you've gained – something that has been for the better.
5. Seek support from others who understand. Find them through local support groups and the diabetes online community such as t1dn.org.au and diabetesaustralia.com.au

Living with a hidden condition such as diabetes is a funny thing. On the outside people may not know you are suffering. I set an alarm each night to wake and check my blood glucose, pump site failures are a regular frustration and diabetes has wrecked other parts of my body – but these are not the things people see. Nor are they what I focus on all the time, Sure, they bite me some days, but on others I see them as just part of what I have to do.

Change your view

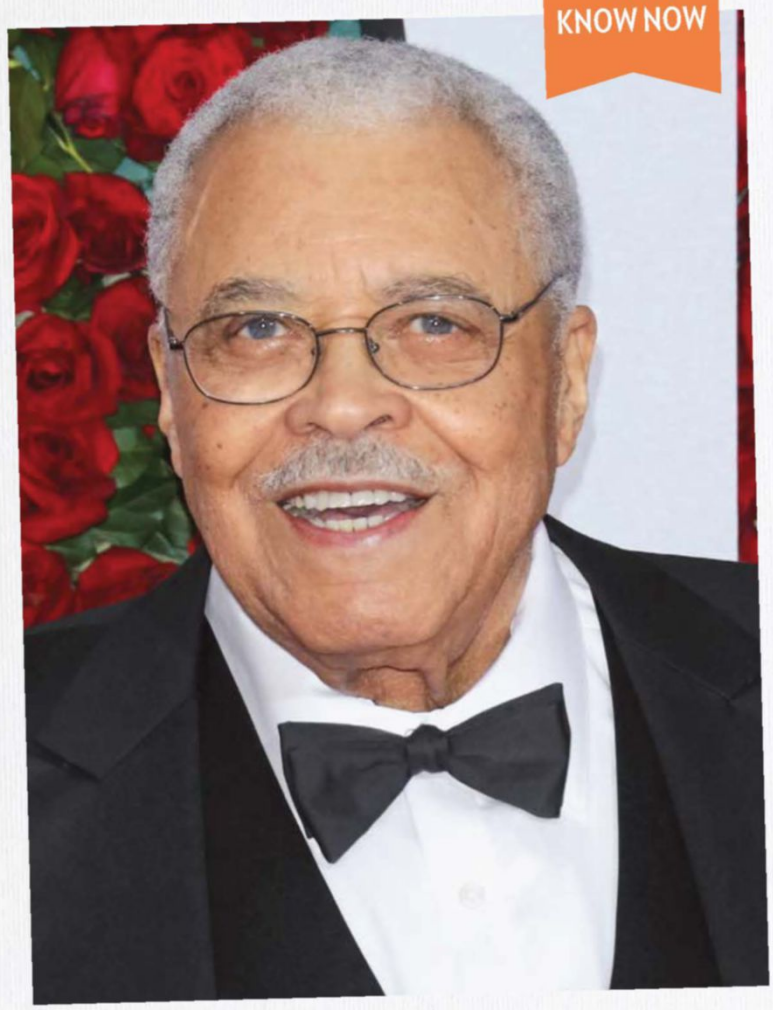
As well as writing your stories down, you can also change the way you see and tell your stories. The first step is to identify what they are, as well as understand them and how they impact on your life. Then take a look at all the possible alternatives to those stories. You may be surprised.

My husband and I have been told our eight-year-old son has high-functioning autism. I remember one of the support team saying, "I hope you're not going to try to take the autism out of him because that's who he is".

That comment really struck me. Our son is one of the most wonderful people I have ever known. His wonderfulness grows brighter every day despite his struggles. He reminds me that each of us is a unique, multi-shaped, ever-changing kaleidoscope of colours. These wonderful parts are often the parts some would call broken. But to me they are some kind of wonderfulness. ■

Positive spin

Actor *James Earl Jones* – the voice of Darth Vader – shares his type 2 diabetes insights



After a surprise type 2 diagnosis more than 20 years ago, James Earl Jones learnt to raise his own level of awareness. His mother and several other members of his Michigan-raised farming family had diabetes but, like many, he was still shocked when he was told he had diabetes in his sixties. "My diagnosis hit me like a thunderbolt," Jones, 86, tells *Diabetic Living*.

Best known for voicing Darth Vader in *Star Wars* and Mufasa in *The Lion King*, Jones starred alongside Vanessa Redgrave in *Driving Miss Daisy* on Broadway and London's West End in 2010 and 2011, and, in 2013, with Angela Lansbury in the production that toured Australia for four months.

His health journey, however, has been one of his hardest parts. "I've had the chance to do some very interesting roles in my career, but I find that living with type 2 diabetes is one of the most challenging roles I've ever had," Jones says.

After his diagnosis, Jones – whose film credits also include *Field of Dreams* and *The Hunt for Red October* – put together a team of medical experts. "I've certainly had to make lifestyle changes, like exercising more and watching what I eat," said Jones, who owns a property in upstate New York. "I try to walk in the woods behind my house and in my neighbourhood as often as I can. I make healthier food choices now, too."

Overcoming hurdles

After the 2016 death of his wife of 34 years, actress Cecilia Hart, who passed away after a battle with ovarian cancer, Jones's main support is their son Flynn. He assists with his father's diet and health appointments. "I wouldn't have been able to do it without the help from my family," Jones has said.

Diabetes is not the only hurdle the actor has taken in his stride. As a child he learnt to manage his stutter with public speaking and acting. "Stuttering is painful," he has said. "In Sunday school, I'd try to read my lessons and the children behind me were falling on the floor with laughter. But by the time I got to school, my stuttering was so bad that I gave up trying to speak properly."

His high school teacher Donald Crouch encouraged him to read poetry aloud to his classmates and take up debating

The actor, who has type 2, is proactive about his diabetes care. Left: Cecilia Hart and James Earl Jones attend the 70th Annual Tony Awards just months before Hart's death in 2016.

> **If you want to lift yourself up, lift up someone else**
>
> – Booker T. Washington, Educator

and dramatic reading classes. To this day, Jones manages his stutter by avoiding some sounds including 'M'. And as a result, he says he has a much wider vocabulary than those who "have more choices of words at their disposal".

Jones's positive spin on his stutter, which led him to the career that he loves, is much like his take on diabetes. It's something he knows has enriched his health. ■

WORDS BAILEY MCGRATH, ANNETTE DASEY
PHOTOGRAPHY GETTY IAMGES

JAMES EARL'S PEARLS (OF WISDOM)

"It is so much better to be the director of my health rather than the victim of my health problems."

"I was raised on a farm and ate good and worked out. I was also in the army, and we skied uphill, so we were all very fit. The idea of having diabetes really was a surprise for me."

"Your lifestyle involves your relationships. You have to engage your whole family in the maintenance of your health."

"My son pretty much monitors what I eat. We pack a lunch together, or he'll get food for me during breaks. He's a big help. He does all the stuff I had a hard time doing on my own."

Road TESTERS

Plunging headlong through barriers is all in a day's work for *Chris Williams* and *James Glasspool*, who take type 1 diabetes all the way to the finish line

Have you ever thought (or been told) that a type 1 diagnosis meant that you couldn't chase down your dreams? The members of Team Novo Nordisk are here to change your mind – and everyone else's.

Every member of Team Novo Nordisk is a professional cyclist, racing on the gruelling international circuit. Every member of Team Novo Nordisk also has type 1 diabetes. Their goal? Aside from fame, glory and the chance to rock some very fetching lycra onesies, the team aims to inspire and empower people living with type 1 to pursue their own passion – regardless of diabetes.

Chris Williams, 34, from Brisbane, and James Glasspool, 25, from Adelaide, are two proud riders on the team. Here, they share their very different experiences of diabetes, how they turned pro and what they hope to impart to others.

When were you diagnosed with diabetes?

Chris I was actually diagnosed in the middle of an amateur bike race at the age of 27. I collapsed at the end of a stage and was diagnosed with type 1 that afternoon. I was told endurance sport and cycling was a very difficult combination and I would need to stop for a while. I was devastated and in my mind, I'd already sold my bike. Fortunately, I had some friends who weren't going to let me mope, and after working on a plan with my doctors, I was back on my bike within two days.

James I was diagnosed in 2003. The doctor told me, "I'm sorry to inform you, but you have type 1 diabetes," to which I replied, "Cool. What's that?" While two of my grandparents had type 2, I knew nothing about type 1. After having things explained to me, the diagnosis became more shocking. My family and friends were all supportive, though, which helped get me back to my normal routine quickly.

How did you become a pro rider?

James As a kid, all I wanted was to be a professional athlete.

WORDS REBECCA LAKE

INSIDER SECRETS

"What I do on race day"

JAMES Before a race, I eat breakfast, head to the start, and then have our pre-race team meeting with our director and other riders. The most important thing I do on race day is constantly check my blood glucose. It's important that it is in a target range so I can focus on racing.

CHRIS I eat breakfast at least three hours before the start of the race to make sure my blood glucose is within the optimal range. At the start line, I check I have enough food to last the entire stage and I'm also prepared with my medication and my continuous glucose monitor so that I can check my blood glucose throughout the race. Some stages can be over 200km in length, so it's vital we're ready for anything.

One day I would dream of playing in the AFL, and then the next of getting a baggy green. When I started riding, I knew if I worked extremely hard, then my dreams of going pro might come to fruition. In 2014, I was offered a spot on Team Novo Nordisk's development team. I felt I couldn't pass up the offer.

Chris I always loved the outdoors when I was growing up. As I got older, I started participating in amateur bike races, while working full-time as a teacher. By 2010, I was offered a guest spot on another team for a race in China. I performed well enough to earn a contract for the following year and I jumped at the opportunity because you only live once! Team Novo Nordisk got in contact with me in 2012 and I've been with them ever since.

What do you like most about being part of the team?

James We all have something extra in common with each other from living with type 1 diabetes. It makes the team very different from any other professional sports teams, and I think it's very cool to be doing something that has never been done before.

Chris I always love meeting young fans at races who share their stories of diabetes with us and tell us how the team is an inspiration to them. It gives us another reason to train hard and ride fast!

What advice do you have for youngsters with type 1 who want to pursue an athletic career?

Chris When young people are diagnosed with diabetes, there can be a focus on the negatives. But diabetes does not have to stop you from chasing your dreams. My advice would be to work with your medical team on your diabetes management plan and then go live the life you want. Yes, it can be hard at times, but anything may be possible if you really want it.

James The better you can manage your diabetes, the better your performance can be. Every athlete spends a lot of time and energy making sure all the little details are in order when it comes to competing. The same goes for us – diabetes just adds another layer for us to manage. ■

Look to the

Is your child eligible for subsidised continuous glucose monitoring?

Thanks to the federal government's decision to subsidise continuous glucose monitoring (CGM) products, some children and teens with type 1 now have access to fully subsidised CGM devices through the National Diabetes Services Scheme (NDSS). There are a few strings attached, however – the subsidy is only open to those under 21, and there are certain criteria that need to be met in order to access it. Find out whether you and your loved one are eligible, and what you will need to do in order to get a hold of this life-changing diabetes device...

What does the subsidy actually cover?

CGMs measure blood glucose levels (BGLs) continuously throughout the day and night. Each device has three main parts:

- A small disposable glucose sensor which is inserted just under the skin and which needs to be replaced every six to seven days, depending on the device
- A transmitter which attaches to the sensor and sends glucose readings to the wireless receiver, a mobile phone or insulin pump
- A receiver, compatible mobile phone or compatible insulin pump that displays and stores the glucose readings.

Subsidised access is only available for CGM devices that have alarms alerting the user when BGLs are getting too low or too high – these include Dexcom and Medtronic CGM devices. The subsidy will cover the full cost of sensors and transmitters, however, you will need to pay if you decide to use a receiver, rather than a pump or smartphone.

Does my child qualify?

For kids aged 10 and under: These youngsters must be expected to benefit clinically from the use of CGM, and their family/carer must be willing and capable to use CGM. They must also be committed to actively participating in a diabetes management plan that incorporates CGM. Children who meet these criteria and who access subsidised CGM products through this initiative will continue to have subsidised access after they turn 11 and won't be reassessed.

KEEP IN MIND...
Subsidised access ends for children and young adults once they turn 21.

For young people aged 11-21: This group faces the same criteria as above, however, they must also meet one of four additional criteria. These are:

- Frequent, significant hypoglycaemia, or low BGLs – this means more than one episode a year requiring assistance.
- Impaired awareness of hypoglycaemia

future

Diabetic Living investigates...

- An inability to recognise or communicate about symptoms of hypoglycaemia
- A significant fear of hypoglycaemia that is seriously affecting their overall health and wellbeing, or that is contributing to hyperglycaemia as a reaction to this fear.

My child meets the criteria – what next?

To access CGM sensors and transmitters through the NDSS, you or your child will need to be assessed by an authorised health professional: an endocrinologist or diabetes educator. They'll fill out and sign the NDSS Continuous Glucose Monitoring Eligibility Assessment. If you or your child are new users of CGM, a starter kit will be sent to the health professional nominated on the form. They can assist you in setting up the device. After this, and for those of you already using CGM, you'll be able to order products through your pharmacy in the same way you order blood glucose test strips, insulin pen needles and pump consumables.

Want more information?
Speak with your endocrinologist or diabetes educator about whether your child is eligible and which CGM device is the best option. Find out more at ndss.com.au/cgm

WORDS DR KATE MARSH, DIABETES EDUCATOR
PHOTOGRAPHY GETTY IMAGES

REAL-LIFE READ

Adriana De Flumeri shares how life has improved since her five-year-old daughter, Lara, got her first CGM

"Lara had her CGM inserted on December 19, 2016," says Adriana. "We made the decision for CGM as it meant a better quality of life. Since she started using it, finger pricks have reduced dramatically. There's no more waking up at 10pm, midnight or 3am to check on her. Now, an alarm sounds if her BGLs are close to a low or high. It's helped her understand her diabetes better, and the importance of taking insulin and eating the correct foods. Consequently, her BGLs have improved. Not only has the subsidy made managing Lara's diabetes cheaper, most importantly, families that couldn't afford it before can now access this life-saving device." ■

5 easy fixes

Big changes start with simple steps. Try these ideas to help you improve your wellbeing

1 HEEL HELP

Are your feet in need of a little TLC after winter? Try these ideas for healthy hydrated skin

FOOT CARE

Due to reduced sensation in their feet and legs, people who have diabetes can be more prone to infection and feel less pain and temperature extremes. Some tips:

- Wash your feet daily, dry between toes and check for cuts
- Exfoliate, go barefoot and don't moisturise between your toes
- Wear shoes that don't rub.

Add NS-8 Natural Footcare Leg Care Cream and Heel Balm to your daily routine: richly moisturising with vitamins to nourish your legs and lactic acid to gently remove dead skin from heels.

SKIN CARE

Diabetes can cause dry skin by damaging the small blood vessels and nerves, making skin more prone to infection and less sensitive. Look after it by:

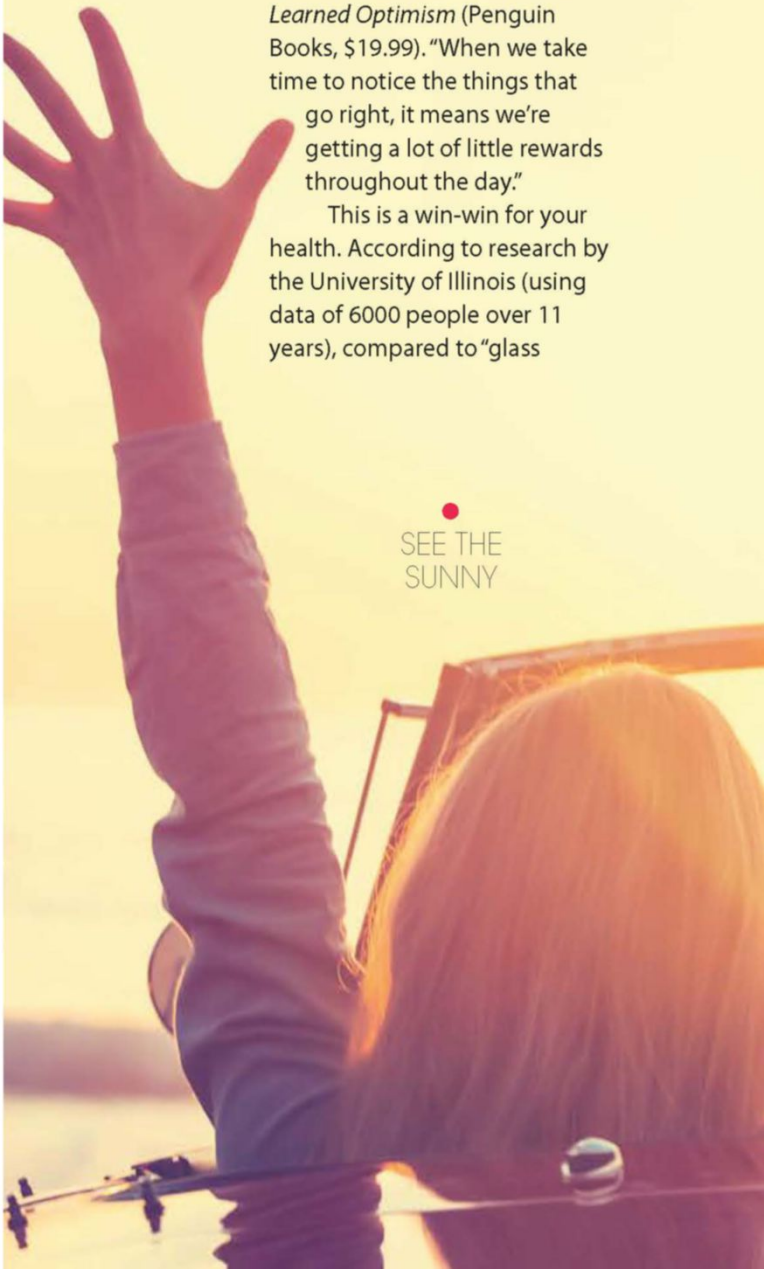
- Moisturising daily
- Using an unscented and pH-balanced soap or cleanser to protect your skin's natural barrier and help protect against infection
- Keeping showers and baths warm and short rather than hot and long, which dehydrates skin.

2 SEE THE BRIGHT SIDE

It may sound flippant but seeing the bright side of life is genuinely good for your health.

"Optimism is a tool with a certain clear set of benefits: it fights depression, promotes achievement and produces better health," says Dr Martin Seligman, psychologist, global optimism guru and author of *Learned Optimism* (Penguin Books, $19.99). "When we take time to notice the things that go right, it means we're getting a lot of little rewards throughout the day."

This is a win-win for your health. According to research by the University of Illinois (using data of 6000 people over 11 years), compared to "glass



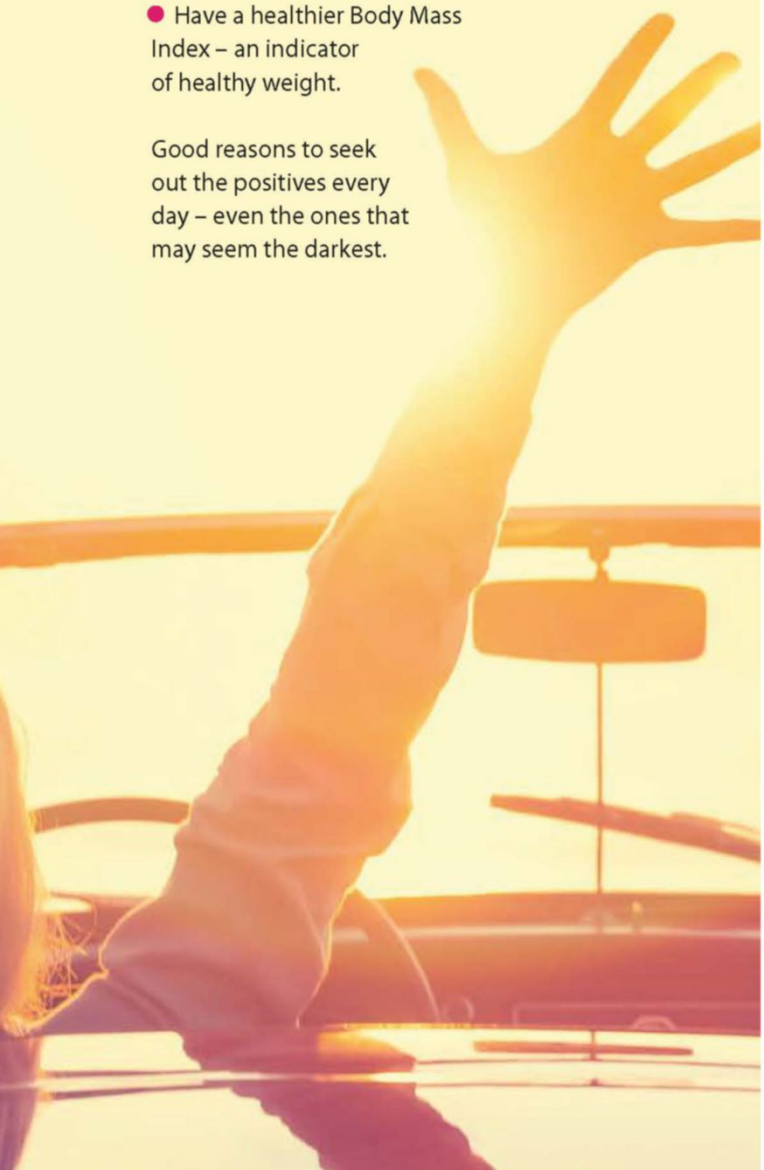
An optimist is someone who goes after Moby Dick in a rowboat and takes the tartare sauce

– Zig Ziglar

half empty" thinkers, optimists benefit as they:

- Are twice as likely to be in good cardiovascular health
- Enjoy better blood glucose control
- Have healthier cholesterol levels
- Are more physically active
- Have a healthier Body Mass Index – an indicator of healthy weight.

Good reasons to seek out the positives every day – even the ones that may seem the darkest.



3 UNWANTED MEDICATION

Good news! There's a free government service for out-of-date medications. Called Return of Unwanted Medications, or the RUM Project, it allows you to deliver medications to your pharmacy for safe disposal.

Sunrise presenter and mother-of-two, Natalie Barr, is an ambassador of the RUM Project. "I was shocked when I heard the number of incidences of medicine poisonings in children, and even more so when I found out some of the cases could have easily been prevented."

DISPOSAL TIPS

"By following these three steps, Australians can minimise the risk of poisonings and unintended medication mix-ups, and do their bit to protect the environment," says Barr.

CHECK the expiry dates and consider whether the medication is out of date.

REMOVE expired and unwanted medicines and place them in a container.

RETURN expired medicine to your local pharmacy. Your pharmacist will put it in a secure bin for safe disposal. ➤

4 SAVE CASH

Q: "I'm newly diagnosed. How do I find out what cost savings I can get on diabetes medications?"

A: NPS MedicineWise says that if you have a Medicare card then most medications for people with diabetes are covered by the Pharmaceutical Benefits Scheme (PBS). If your medicine is on the PBS, the most you should expect to pay is $38.80 or $6.30 if you have a concession card, although these costs could increase from January 1. Premium brands can incur additional costs so ask your pharmacist if they stock the cost-effective generic brands. If you're taking a few prescription meds ask your pharmacist to record them on the PBS Safety Net. Once you spend a certain amount in a calendar year, you pay a lower rate for the rest of the year. Result! For more visit nps.org.au or pbs.gov.au

5 SUSHI FOR BEGINNERS

Australians are mad for Japanese food but perhaps you are concerned about what is suitable for a person with diabetes

The upside of Japanese cuisine is that it's readily available, making it easy to grab a quick bite that's usually healthier than many other takeaway options. If you have a hankering for sushi, moderate your rice intake, avoid sugary sauces, and follow this guide.

WHY

- Protein-rich salmon and tuna are great sources of vitamin B12 (salmon has four times the amount of B12 than tuna) and omega-3 fatty acids, which can help reduce blood cholesterol levels, reducing your risk of heart disease.
- Sashimi and rice paper rolls are low in kilojoules. Choose options with salmon, tuna, avocado and other vegetable fillings.

AVOID

- Sodium-rich soy sauce, miso soup and sushi that's lathered in mayonnaise should only be eaten occasionally. Same goes for deep-fried tempura or spicy and heavily marinated options.

CHOOSE

- Sushi made with brown rice over white is better because it provides the benefit of extra fibre and nutrients. It doesn't mean you can go for it, though! So be careful with portions. Rice is high in carbs and will affect your blood glucose levels.

CONSUME

- For most people, one hand roll or up to four large pieces of sushi will be adequate. Sushi wrapped in seaweed is a great source of iodine, which is essential to support a healthy thyroid and metabolism. Use our guide for carb exchanges. ■

THE FACTS

4 SMALL PIECES =
15g carbs (1 exchange)

2 LARGE PIECES =
15g carbs (1 exchange)

1 NORI ROLL =
30g carbs (2 exchanges)

WORDS ANNETTE DASEY, STEPHANIE OSFIELD AND SHANNON LAVERY **PHOTOGRAPHY** GETTY IAMGES

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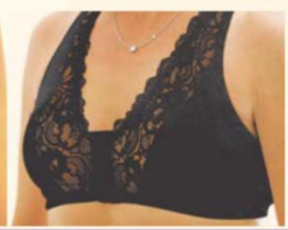

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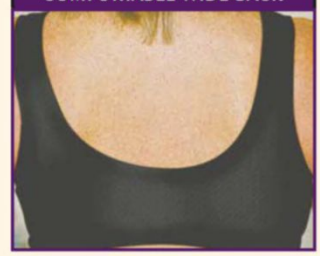

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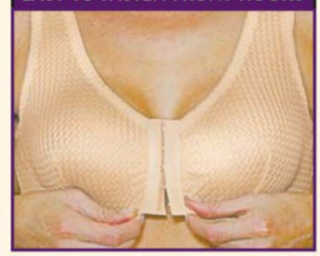

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Editor's note

Toni

Toni Eatts, **Editor**

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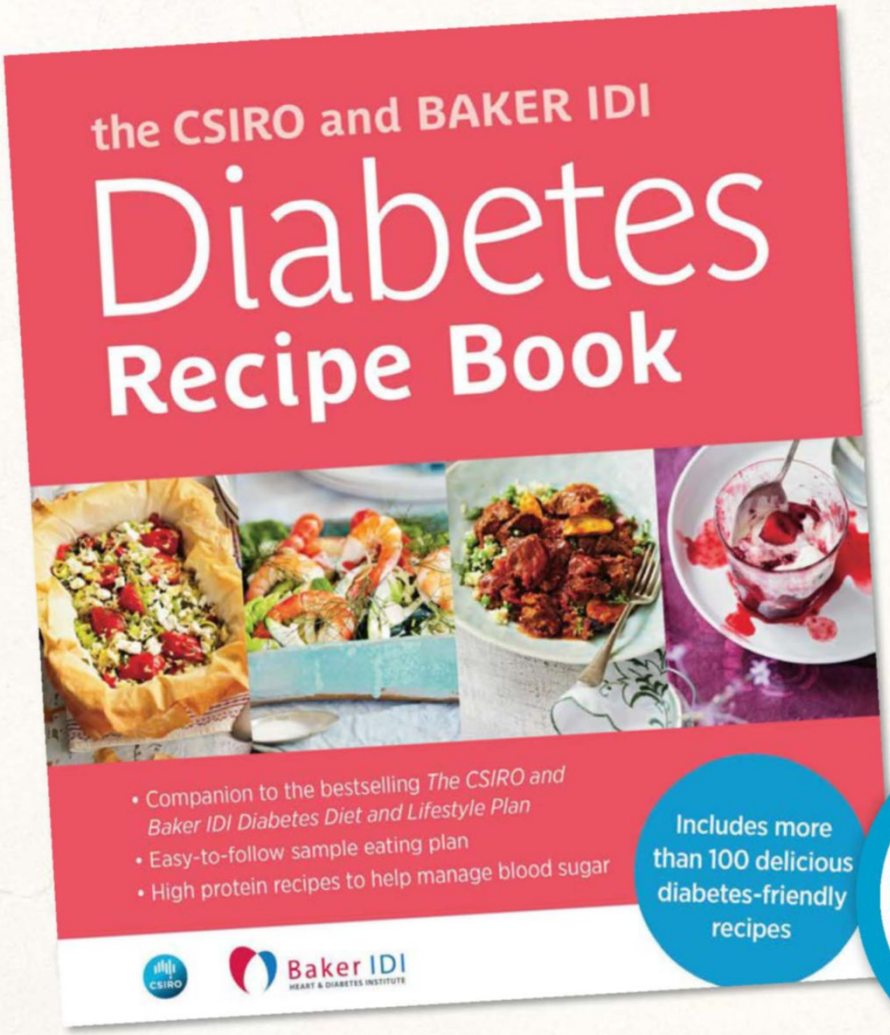

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LOOK AFTER YOUR GUMS

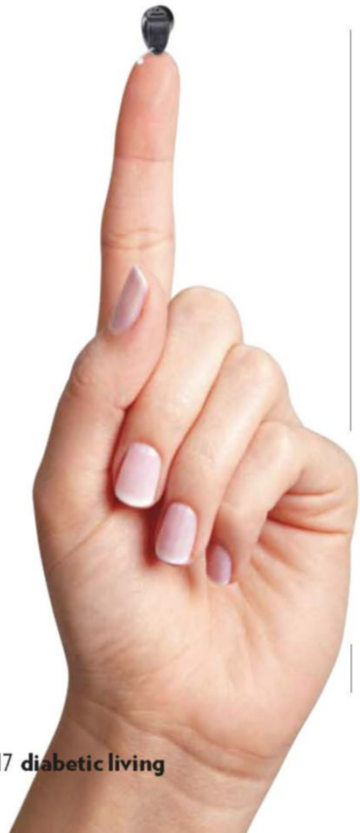
For people with diabetes, gum problems can be a significant issue if not managed well. The new Oral-B Gum Care toothpaste range offers dual action technology to promote healthy gums by fighting plaque bacteria along the gum line and slowing its regrowth. It contains stannous fluoride, which helps remineralise weakened enamel and strengthen teeth. The new Oral-B Gum Care range (RRP $9.99) is available from supermarkets and pharmacies. oralb.com.au

Marketplace

Check out these products. They make managing diabetes easier

SMART HEARING

Are you in the market for a hearing aid? Starkey's SoundLens Synergy invisible hearing aids offer clear sound quality and an enhanced listening experience, customised to meet your hearing needs. It all starts with a simple hearing check, so take the first step on that journey and visit starkey.com.au or call 1300 307 696 for more information, today!



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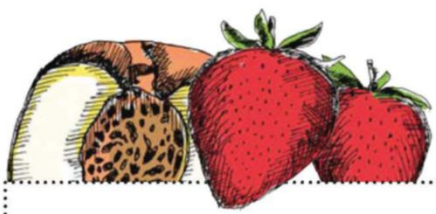

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PHOTOGRAPHY GETTY IMAGES

Postcards FROM THE SHED

Break your diabetes management into simple tasks and life gets easier

Right now in my world of building stuff there's a scaffold coming down on one job of windows, there's a roof to open up across town, I've got a wall to rebuild around the corner and two tenders that are due for submission at 10 minutes to yesterday... oh, and of course, diabetes is not about to take a holiday!

I find that when things get busy, diabetes can often be left swinging in the wind as the job you'll get to when you have the time and we all know what a mess that can make of things.

Project management seems to give me an edge when it comes to taking care of diabetes. Let's just say that diabetes is a long-term job with a huge upside if well managed and a bloody miserable downside if neglected. Both results hinge around quality of life, which in my opinion is as important as anything else. I find that a great way to put the boot into diabetes (and all the carry-on luggage that goes with it) is to think of it as a project.

I know that's easy to say and at times there are mental hills that may be tough to climb but if I look at diabetes as a project rather than a disease it automatically puts me in the right frame of mind to beat it into the shape I want.

If years ago I'd taken the view that diabetes was in control I may still be wondering what hit me. The day-to-day continuous management is quite a thing to see running at you. Something my dad told me years ago really helps in managing a lifelong project like diabetes: "No matter how big the project is, you can always break it up into smaller manageable tasks that you can easily quantify and repeat if needed."

He wasn't talking about diabetes. But I find myself looking at it in the same way I'd consider a big building project: I cut it down and consider each task as an item. Collectively, a bunch of simple tasks done well turns into a great project. Diabetes can be seen the same way.

> **Project management seems to give me an edge**

An HbA1c result is a good indicator of how the project is going but really that's giving you a summary of the past three to six months' work. It's those day-to-day, hour-to-hour tasks that you can try to improve or continue to get right that ultimately give you the satisfaction of overall control.

No one is perfect and at times the scaffold truck may get a flat, or it might rain three hours before you manage to close the roof. In other words, you may wake with a blood glucose level reading that's off the charts, or get to the second course at dinner before realising you haven't had any insulin. But I reckon if you pay attention to the small jobs and take positives from the majority that go well you're in a pretty good frame of mind to hit this diabetes project out of the park – no matter how long it runs. ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

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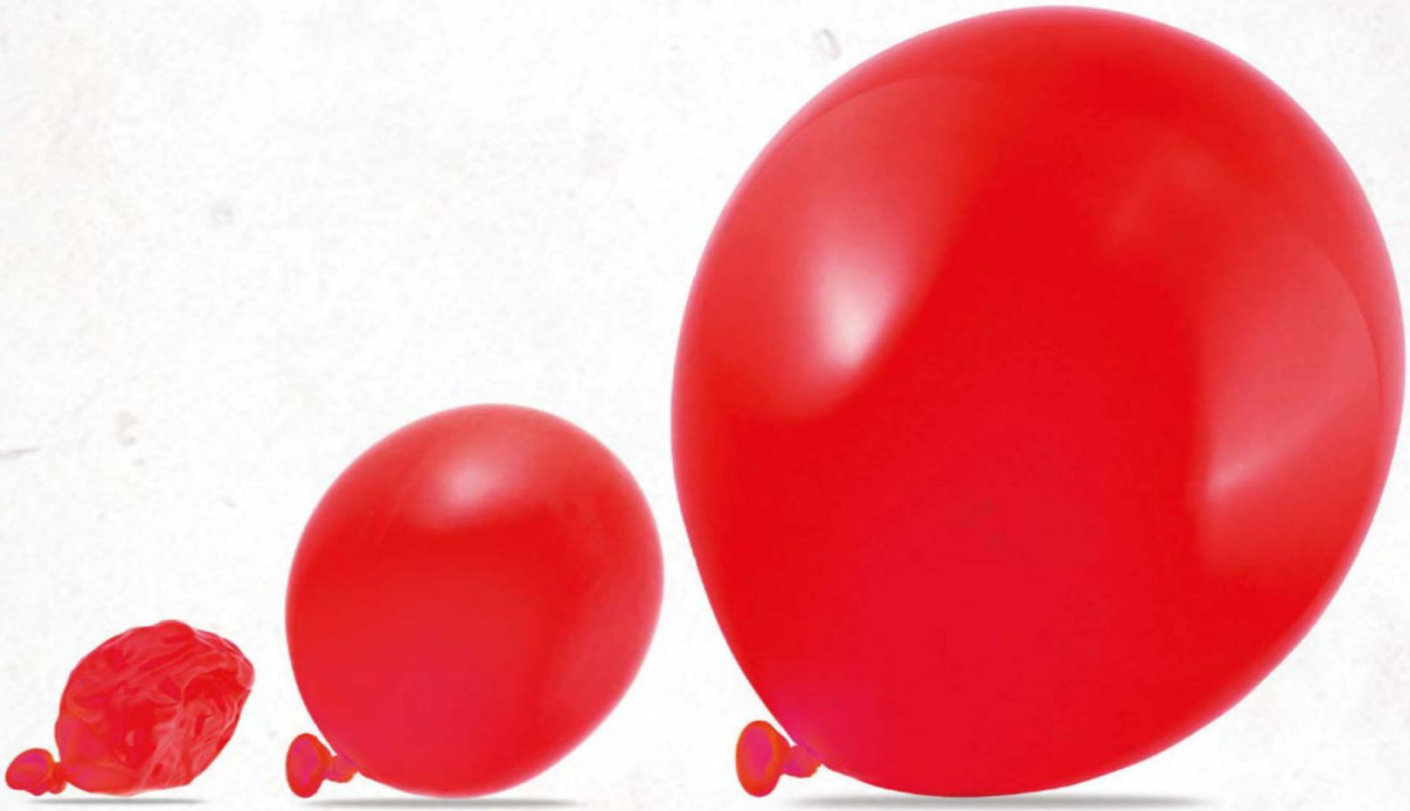

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